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ABSTRACT

This report provides information on consumer health pilot projects completed in 1983 by two New York state public library systems, the Nioga Library System and the Onondaga County Public Library. Serving as a "how-to" guide, the report explores the rise of the public's interest in consumer health issues. Both projects explain how they established within their library system a thorough health education series through the use of books, pamphlets, 16mm films, sound filmstrips, videotapes, and audio cassettes. Resources are listed. (BA)

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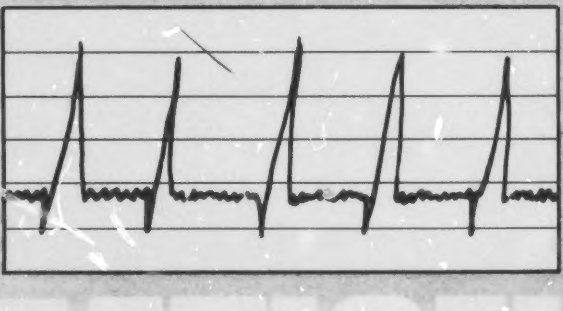

HEALTH INFORMATION

FROM THE PUBLIC LIBRARY: A REPORT ON TWO PILOT PROJECTS

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HEALTH INFORMATION FROM THE PUBLIC LIBRARY

A REPORT ON TWO PILOT PROJECTS

Edited by

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PREFACE

Health is socially and economically important to our State. Our libraries have a key role to play in helping to safeguard our citizens' health. In pioneering legislation enacted in New York State as Chapter 718 of the Laws of 1981, programs to improve health information services were funded. The legislation made possible a closer interface between the Regional Medical Library Program and the New York State Interlibrary Loan network; authorized the Board of Regents to establish standards for hospital libraries in New York State; provided for grants to reference and research library systems to support services to rural hospital libraries; and funded two pilot projects in consumer health information in public library systems. These pilot projects are the subject of this publication.

The consumer health pilot projects were the only parts of the legislative program related to health information services which were not statewide in coverage and not permanently funded. Applications were sought in a competitive grant program. The Nioga Library System and the Onondaga County Public Library were each awarded a two-year grant of $20,000 per year for proposed projects judged worthy of implementation by a review committee.

The consumer health pilot projects were an important step in making authoritative health information available to the general public. The purpose of this publication is to allow other libraries and library systems to share the experience of the participants. The final reports prepared by the Nioga and Onondaga systems are reproduced here, edited to include the information felt most useful for general purposes. Where additional information is desired, it may be obtained from staff of the participating systems.

Interest in the consumer health movement has burgeoned since 1981. We hope this publication will prove useful as a resource to libraries and library systems and that it will spark continuing and increasing interest in consumer health information in all areas of the State. The public library systems already provide excellent avenues for obtaining health information, but more can be done to ensure that libraries are well stocked with readily available current health information, and are providing ready access to additional information through clearly established channels. Hospitals and community agencies can be linked with the public libraries of New York State to provide any citizen with the information he or she needs to maintain good health.

The groundbreaking programs of the Nioga and Onondaga systems may serve as models for other systems to follow, or may encourage others to proceed in their own ways toward improvements. As we move from reactive health care toward preventive care, New York State's public library systems can lead the way in providing health-sustaining information.

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THE TWO PILOT PROJECTS: AN OVERVIEW

This report provides information on consumer health pilot projects completed in 1983 by two New York State public library systems, the Nioga Library System, with headquarters in Lockport, and the Onondaga County Public Library, based in Syracuse. Each project operated for two years in accordance with legislation enacted in 1981.

Selection of the Nioga and Onondaga systems to operate the pilot projects was based on an evaluation of applications submitted by the library systems competing for the funds. The application forms, prepared by Library Development staff at the New York State Library, reflected program requirements expressed in regulations approved by the Board of Regents of The University of the State of New York. After preliminary review by New York State Library staff, the completed applications were submitted to a panel of experts to evaluate the expected benefits of each project and the degree to which each conformed to program regulations.

Nioga's project was titled the "Health Education Library Project" (HELP), and Mary Brink served as Project Coordinator under the leadership of Richard M. Killian, Executive Director of the Nioga system. Onondaga's project was called the "Health Information Clearinghouse Project," and Lynn Yellott was Project Coordinator under the guidance of Robert P. Kinchen, Director. The New York State Library, Library Development Project Coordinators were Patricia Mallon (Nioga) and R. Edwin Berry (Onondaga).

Nioga Library System Health Education Library Project (HELP)

Some background information is important to put Nioga's Health Education Library Project (HELP) in perspective. The Nioga Library System serves approximately 325,000 people of Niagara, Orleans and Genesee counties, an area in the northern corner of western New York State. The region is economically depressed and chiefly rural. The Niagara Falls area, location of the Love Canal and other chemical contamination problems, is within the system's boundaries. Because of these environmental health problems, community health concerns are great and give rise to corresponding demands for health information.

The objectives of the Nioga project were: to strengthen health information collections in the six participating member libraries; to develop better connections with hospital libraries, allied health groups and social services agencies; to improve the awareness on the part of users and providers of health information of the resources available to them through libraries; and to expand the health information awareness of library staff and trustees.

A major part of the project funds went to strengthen library collections. Three carefully prepared buying lists helped member libraries acquire materials. Audiovisual software and hardware were acquired and the health-related audio-visual resources of the system were publicized through a brochure.

An Advisory Committee helped to select materials for Health Information Kits. An existing information and referral file in the area was updated and duplicate copies were distributed to member libraries. Meetings were held with local health agency coordinating organizations in order to arrange to distribute HELP promotional materials and take orders for Health Information Kits. Member libraries held health fairs to increase the awareness of the public and the health professionals of the availability of health information resources. Weekly book review presentations emphasized health information materials during the project period.

Doctors received a letter concerning improved health information resources and services available along with descriptive literature. The Health Sciences Library at the State University at Buffalo provided improved data base searching services for Nioga system users under the HELP program.

The HELP services were publicized in the area through news releases, posters, bookmarks and flyers. The Health Information Kits were designed, produced and distributed to numerous community sites to make basic health information more widely available. Use of health materials in the libraries increased dramatically as the community became more aware of these resources. Training workshops were held and were videotaped so the information could be made available at other sites through loan of the recordings.

Onondaga County Public Library Health Information Clearinghouse Project

Onondaga County is a metropolitan area with a population of approximately 464,000 persons living in a 793 square mile area. Syracuse, a city 25 square miles in area with 170,000 residents, is the central city for both Onondaga County, with its fifteen villages, and the entire central New York area. Although the center of Onondaga county has an urban-suburban character, a sizeable dairy industry operates in outlying rural areas. The economy is diverse and oriented towards research and development activities. A variety of manufacturing companies, Syracuse University, units of the State University of New York, several colleges and vocational schools, and five hospitals (including the State University of New York Upstate Medical Center) play important roles in the community.

The central library serves as the headquarters of the Onondaga County Public Library System and is located in the heart of Syracuse. The system, one of New York's twenty-two public library systems, includes twenty autonomous member libraries (which contract with the system for services), the central library, eight branch libraries, a bookmobile service, and two libraries in neighborhood community centers.

In the late 1970's reference librarians at the central library began to notice the number of medical information questions they received and the high percentage which involved medical opinions. They took a critical look at the quality of their health-related reference services, and as a result, decided to evaluate and improve the Reference Department's health information collection and services.

In May, 1979 about two dozen health information specialists in the area met at the central library to explore ways to improve access to consumer health information. Participants already had informal networks of contacts for gathering information. They decided to work together in a larger network, to compile a county-wide human services directory focusing on health information, to share information about publications, and to promote effective techniques to increase consumer awareness of the availability of health information. The meeting resulted in Onondaga's increased commitment to improve consumer health information services through the network, which became known as the Consumer Health Information Consortium (CHIC). The library strengthened its health information collections, organized community resources, informed the public, trained staff to deal with the special problems of answering health questions and worked toward promotion of legislation to improve health information.

The Onondaga pilot project was designed to build on this base of consumer health informational services by creating additional means of sharing the central library's resources with system libraries. Other goals were the provision of quality health information services from any access point in the system and general improvement in public access to consumer health information.

The project had three parts: the traveling medical collection, designed to increase familiarity of staff and users with the medical materials and the services of the central library; an in-service training program to increase the skills of library staff in dealing with health-related questions; and the creation of a microcomputer data base to facilitate access to the special kinds of information not readily available through normal bibliographic sources and access to commercial data bases.

Personnel and equipment costs represented the major project funds investment.

The Traveling Medical Collection sets were rotated to branch and member libraries on a five-week cycle. Twenty-one libraries received the collection on deposit and eight sites requested and received orientations to the system's collection and the health information programs.

To aid staff in improving skills related to provision of health information, in-service training programs were conducted and a manual was prepared to aid librarians in other systems in presenting consumer health information workshops.

To provide access to the health information not retrievable through traditional means, a microcomputer was acquired and a commercially available program was employed to create a data base from existing library-created files. Access to commercial medical data bases was also improved through the addition of new equipment.

Expenditures

Each pilot project received $20,000 for each of the two years of operation. Summary data on expenditures are provided here.

EXPENDITURES

1981-1982	Nioga	Onondaga
Personnel	$ -0-	$ 8,035
Equipment	1,918	10,335
Supplies and Materials	17,682	1,630
Contractual Agreements	-0-	-0-
Other Expenses	400	-0-
Total	$20,000	$20,000
1982-1983		
Personnel	$ 3,000	$18,430
Equipment	2,719	1,570
Supplies and Materials	12,605	-0-
Contractual Agreements	-0-	-0-
Other Expenses	1,676	-0-
Total	$20,000	$20,000
Two Year Total		
Personnel	$ 3,000	$26,465
Equipment	4,637	11,905
Supplies and Materials	30,287	1,630
Contractual Agreements	-0-	-0-
Other Expenses	2,076	-0-
Total	$40,000	$40,000

A Note on the Reports That Follow

The narrative portions of the final reports prepared by the system project coordinators, and selected supplemental materials, are reproduced in this publication with minor editing.

FINAL REPORT, MEDICAL INFORMATION PILOT PROJECT

HEALTH EDUCATION LIBRARY PROJECT

Mary L. Brink

Nioga Library System

October 1, 1983

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NIOGA LIBRARY SYSTEM
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Medical Information Service Pilot Project

Nioga Library System

Health Education Library Project

HELP

Final Report

I. DESCRIPTIVE AND NARRATIVE SUMMARY

In 1981 the Nioga Library System, serving the three Western New York Counties of Niagara, Orleans and Genesee, applied to the State Education Department for one of two pilot projects designed to provide increased medical information to the System's patrons. Nioga's project, the Health Education Library Project (HELP) was centered in six (6) participating libraries and at System headquarters:

Niagara Falls Public Library
    Dorothy Raymond, science-reference librarian
Richmond Memorial Library
    Martha Spinnegan, library director
Lockport Public Library
    Christa Caldwell, library director
Lee-Whedon Memorial Library
    Mary Zangerle, library director
North Tonawanda Public Library
    Daniel Killian, library director
Tonawanda Indian Community Library
    Ramona Charles, director
Nioga Library System
    Mary L. Brink, project coordinator

HELP's objectives were to:

1. Strengthen the health information collections in each of the six participating sites of the HELP program.

2. Develop strong linkages with hospital libraries, allied health and social service agencies.

3. Expand user health information awareness system-wide.

4. Expand health information awareness in library staff and trustees.

Each of these objectives was accomplished by the end of HELP's second year.

A. STRENGTHEN THE HEALTH INFORMATION COLLECTIONS IN EACH OF THE SIX PARTICIPATING SITES OF THE HELP PROGRAM.

The bulk of the HELP grant was allocated to the six participating libraries, allowing them to strengthen their consumer health information collections. Three buying lists were prepared by Dorothy Raymond and Mary L. Brink.

These lists were distributed System-wide to assist all Nioga's librarians in selecting current consumer health information materials. Additionally, ten (10) New York State library systems/agencies requested copies of these buying lists. Requests for these lists continue to come in as libraries become aware of the HELP project through a report in the State Education Department's notice of "Matters of Mutual Concern," written by Ms. Christine Bain.

From the order lists, the participating libraries purchased the following numbers of materials:

Library	Year 1	Year 2	Total
Niagara Falls Public Library	140	270	410
Lockport Public Library	94	100	194
North Tonawanda Public Library	87	73	160
Lee-Whedon Memorial Library, Medina	67	90	157
Richmond Memorial Library, Batavia	74	115	189
Tonawanda Indian Community Library	58	90	148
TOTAL	520	738	1,258

In addition to these libraries' individual purchases, Nioga placed an order with the Tulsa City-County Library System, in Tulsa, Oklahoma, for 25 copies of a manual, Consumer Health Information - The Public Librarian's Role. These manuals were distributed to all our members.

Nioga's consumer health audio-visual materials collection continued to grow in HELP's second year. In total, five (5) sound filmstrips, one (1) video-cassette, five (5) 16mm films and 82 audio-cassettes were purchased with HELP monies. Circulation of the audio-visual materials follows:

	Number of Circulations	Audience
filmstrips	1	2
cassettes	17	21
video-cassette	3	12
16mm - The Fat Film	2	52
16mm - To Discover Our Bodys' Time Clock	6	183
16mm - The Common Cold	1	23

Extensive publicity on the audio-visual materials purchased with HELP monies began in the later half of the second-year of the grant. An annotated list of the audio-visual acquisitions was produced and distributed to System-wide hospitals, doctors, social service, allied health agencies, and are available in all member libraries. A supply of this brochure is included with the Health Information Kits.

B. DEVELOP STRONG LINKAGES WITH HOSPITAL LIBRARIES, ALLIED HEALTH AND SOCIAL SERVICE AGENCIES.

Linkages with community service agencies and hospital libraries began with the organization of our original HELP application, and the formation of Nioga's HELP Advisory Committee. Members of this committee are:

Dr. Karen Bell, M.D.
private practitioner

Mrs. Valerie Bryce, R.N.
    supervising public health nurse
Dr. Michael Maggiulli, M.D.
    community center doctor
Mr. Patrick O'Connell
    assistant hospital director
Dr. Roger Triftshauser, DDS, PC
    dentist
Ms. Barbara Wood
    director of patient education
Ms. Mary L. Brink (ex-officio)
    HELP coordinator
Mrs. Dorothy Raymond (ex-officio)
    science-reference librarian

This committee was helpful in suggesting titles for book lists and reviewing selections for the Health Information Kits.

The Niagara Falls Public Library maintains an Information and Referral (I&R) File for the three-county Nioga area. The following form was used to solicit information on health service providing agencies from Nioga's members for inclusion in this file. The information gathered was put in the Central Library's I&R file format and subsequently reproduced for distribution to all members. Each Nioga library now maintains this 104 card file of three-county agencies.

INFORMATION & REFERRAL FILE

Nioga "HELP"

(Return to Mary L. Brink at Nioga)

NAME________________________ **DATE**__________
ADDRESS____________________________________
PRESIDENT____________________ **PHONE**__________
CONTACT PERSON______________________________
PHONE______________ **OFFICERS CHANGE**__________
MEMBERSHIP REQUIREMENTS______________________
FEES____
MEETINGS WHEN______________ **WHERE**__________
PUBLIC WELCOME______________________________
PURPOSE OF ORG._____________________________
ACTIVITIES/PROJECTS__________________________
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The Niagara County Association of Human Services and the Genesee County Interagency Council are strong groups consisting of county-wide health and social service organizations, which meet monthly to discuss matters of mutual concern. Presentations on HELP were given by Mary L. Brink and Sandra A. Roger, development officer, before these two groups, each having approximately 30 members in attendance. HELP promotional materials were distributed, and agency members submitted their names for receipt of Health Information Kits. The information and materials were well received by these groups of health service providers, and they welcomed the libraries' assistance in providing consumer health information.

Mary L. Brink and Sandra A. Roger were invited to speak before a librarians' meeting at the Southern Adirondack Library System on 8 September 1982. Approximately 25 librarians attended the meeting and listened to the presentation. They reviewed copies of major consumer health information materials and samples of audio-cassettes purchased with HELP monies. The librarians seemed very interested in this area of service and were encouraged to establish a basic collection in their own libraries.

Member libraries have presented and/or participated in community health fairs.

The Lee-Whedon Memorial Library in Medina sponsored a health fair in the library on 16 October 1982. 34 health providing agencies participated in this fair, the first ever held in Medina. Attendance at the fair was not as high as the agencies would have liked (approximately 250), but all who participated agreed that it was time well spent, and plan to hold a similar event bi-annually. As this was a first fair for Medina, many of the participating agencies were not aware of all the other participants. It was educational for the health information consumers, and health providers.

During HELP's two years, the Richmond Memorial Library in Batavia participated in two health fairs on 6 May 1982 and 28 April 1983. The fairs were both held at the Genesee County Community College, and the library maintained a booth, providing information and books on health-related topics.

Awareness of the library's collection of health-related materials increased each year. In a written report, submitted by the library's reference/outreach librarian after participation in the second fair, she notes, "The response to the day was positive. Nursing students became aware of costly nursing reference books available for public use...and regular patrons of the Richmond had no idea we had so much information on health in so many forms. We spoke to people who don't use the library, who commented they would not have thought to come to the library for health information."

The Richmond Library also holds a "Book Sandwiched In" series in which consumer health books have become a part. Attendance at these weekly reviews average around 80 participants. Health-related books which have been reviewed include Starving for Attention, dealing with anorexia nervosa by Cherry Boone O'Neil, The Youngest Science: Notes of a Medicine Watcher, by Lewis Thomas, M.D., and Quest: the Life of Elisabeth Kubler-Ross, dealing with death, dying and the hospice movement, by Derek Gill.

A letter was sent on 8 August 1983 from Richard M. Killian, Nioga executive director, to every doctor in the three-county area. This letter informed the doctors of the improved consumer health information services and materials available at their local libraries through HELP. Along with the letter, the HELP informational brochure, AV materials brochure, bookmarks and poster were sent. Reaction to these letters has been positive, with several doctors contacting Mary L. Brink for additional information. Two of the participating sites reported patrons requesting health information, at the recommendations of their doctors.

NOTE: This letter was prepared and printed during the grant period (1 January 1982 - 31 July 1983), but we were unable to have the list of doctors' names and addresses completed until 8 August 1983.

The Health Sciences Library (HSL) of the State University of New York at Buffalo has continued to be of great help in the success of the HELP project. Randy Wheeler and Louella Allen, librarians at HSL, assisted in:

1. Processing data base searches quickly and efficiently;
2. Providing information on commercially available consumer health information (both print and non-print);
3. Helping in establishing a direct interlibrary loan link between Nioga's interloan office and HSL. This link has drastically reduced the "turn around time" in receiving requested materials;
4. Establishing a reference telephone service. Participating libraries can call HSL directly for answers to ready reference questions;
5. Assisting in the System's in service workshops.

The Health Sciences Library has also provided Nioga's HELP site libraries with a basic bibliography of their consumer health information materials.

C. EXPAND USER HEALTH INFORMATION AWARENESS SYSTEM-WIDE.

In the first year of the HELP grant Health Information Kits were designed and purchased. These plastic kits were filled with the following books:

Taber's Cyclopedic Medical Dictionary, 14th ed.
Clayton L. Thomas, M.D., ed. F.A. Davis Company, Philadelphia, 1981.

Emergency Medical Guide, 4th ed.
John Henderson, M.D. McGraw-Hill Book Company, New York, 1978.

Baby & Child Care
Benjamin Spock, M.D. Simon & Schuster, New York. 1976.

People's Pharmacy-2
Joe Graedon. Avon Books, New York, 1980.

Essential Guide to Prescription Drugs, 3rd ed.
James W. Long, M.D. Harper & Row, New York, 1982

How to be Your Own Doctor (Sometimes)
Keith Sehnert, M.D. Grosset & Dunlap, New York, 1981.

Suggestions for locations of these Kits were solicited from member librarians, board members and the HELP Advisory Committee. Letters of introduction were then sent to the suggested sites, requesting permission for a Kit to be distributed. Of 87 letters sent, 80 were positive and Kits were distributed by the local librarian of Nioga's Outreach Librarian. Typical sites for the Health Information Kits are:

- Senior Citizens' Complexes
- Hospitals
- Planned Parenthood Centers
- YMCA/YWCA
- Community Health Centers

The plastic kits and books are displayed in visible locations in the sites for use by those living in, or visiting the health care facilities. The users are directed to their local library for circulating copies of the Health Information Kit materials and/or additional information.

There has been much publicity of the HELP project locally. Newspapers in each of the participating libraries' communities have carried news releases and presented feature stories on the project. American Libraries carried a notice of HELP in their May 1982 issue. Additionally, in every issue of the Nioga Newsletter, HELP has been highlighted.

The publicity has been very effective. A Canadian woman with glaucoma came to the Niagara Falls Public Library for information, as she had heard they had a recently expanded consumer health information collection.

To further publicize the project, posters, bookmarks and flyers were produced for mass distribution. These have been placed in each Nioga library and with each Health Information Kit.

A total of 48 health-related data base searches were performed by the Health Science Library at the State University of New York at Buffalo during HELP's two years. The HSL service was tapped because:

1. Nioga always uses its quota of "free" data base searches through New York State's current service and there was an increased need for consumer health-related searches through efforts of HELP.

2. Turn around time is much faster through the State University of New York at Buffalo's library data base and there is an immediacy to health-related information requests.

For many patrons a computerized data base search is a new process in information retrieval. In the Richmond Memorial Library in Batavia, a woman and her young son were referred to the library by their doctor. The son was diagnosed as having tuberous sclerosis, a degenerative disease which would eventually lead to epileptic fits.

The librarian could find basic, but very brief information in the library's collection. The librarian suggested a data base search be performed, and the woman agreed. When the search was sent to the library, the librarian reviewed the citations and selected those which would provide basic, detailed information. The result was a satisfied, if not happy, patron.

Patrons came into the participating libraries for health information for numerous reasons, from students needing information for research papers to questions about a "friend's" particular health condition.

A patron came to the North Tonawanda Public Library, feeling she has all the symptoms of Lupus and wanted to read up on the disease while awaiting the doctor's diagnosis.

A Niagara Falls Public Library patron was a creative writer working on a story in which her characters are smoking the leaves of a particular plant. Her description of the plant and effects of the smoking were based on a vague recollection from earlier years. She was consulting the materials in the Niagara Falls collection to assure the authenticity of her descriptions.

D. EXPAND HEALTH INFORMATION AWARENESS IN LIBRARY STAFF AND TRUSTEES.

In HELP's second year, the System sponsored two in-service training workshops. Speakers for the first session were:

Judy Prevratil of the Rochester Public Library. Topic: Consumer Health Information Needs and the Role the Library Can Play.

Gail Bersani, R.N., Cancer control coordinator, Roswell Park Memorial Hospital, Topic: How a Non-Library Agency Perceives and Responds to Consumer Health Information Needs.

The second session included:

Luella S. Allen, head of Media Resources Center and Martha Manning, Information Services Department, SUNY at Buffalo Health Sciences Library. Topic: Guidelines for Answering Health/Medical Reference Questions.

Dorothy Raymond, Science/Reference librarian, and Jackie Taylor, library trainee, Niagara Falls Public Library. Topic: Health Information Resources Available Within the System.

In total, 33 people from 14 libraries attended these two sessions. The workshops were videotaped and are available for loan from the Nioga Outreach/Audio-Visual Department. Evaluations of the workshops were completed by participants, the results being overwhelmingly positive. All participants benefitted from participation in the workshops.

Information and materials from HELP project were available at the 1982 NYLA Convention during all consumer health information programs. Reactions of those librarians viewing the Health Information Kits and brochures on display were positive. They were impressed with both the quality and content of the samples. Mary L. Brink is scheduled to present an in-depth program on HELP at 1983 NYLA in Buffalo.

The following charts comparatively illustrate in-library use of consumer health information reference materials and circulation of consumer health information materials in each participating library.

Library	Consumer Health Information Materials Reference Usage		
	Year* One	Year Two	Total
Niagara Falls	80	636	716
North Tonawanda	87	166	253
Lockport	36	299	335
Medina	11	83	94
Batavia	19	87	106
Tonawanda Indian Community Library	24	26	50
TOTAL	257	1,297	1,554

*year one was 7 months long

Library	Circulation of Consumer Health Information Materials		
	Year* One	Year Two	Total
Niagara Falls	5,900	9,890	15,790
North Tonawanda	2,450	8,080	10,530
Lockport	365	1,859	2,224
Medina	650	2,259	2,909
Batavia	1,200	3,666	4,866
Tonawanda Indian Community Library	50	101	151
TOTAL	10,615	25,855	36,470

*year one was 7 months long

In conclusion, the project was very successful. Community awareness of Nioga's and member libraries' possession of "free" consumer health information has increased dramatically. Doctors and patient educators in Nioga's three-county area are referring patients to their local library for additional information, as well as tapping the library for their own needs. The attractive Health Information Kits are bringing library materials to users in 80 non-traditional sites.

The six (6) participating HELP libraries have made a commitment to consumer health information materials in the past two years, and will continue their purchases in this area. Patron usage has shown a high demand for this type of service, which will continue to grow. All of Nioga's existing consumer health information collections have been expanded and improved, librarians are more conscious of their patrons health information needs and more capable of serving these needs. HELP has had a tremendous impact on the Nioga service area, an impact that will continue to be felt in years to come.

(Editor's note: Although this page indexes the materials which follow, some items are not included. They were judged not sufficiently unique in nature, too specific to a minor part of the project or too difficult to reproduce because of format.)

II. INDEX OF ENCLOSURES

1. Health Information - You Need It - We Have It (Blue): Information Brochure

2. Audio-Visual Software Acquisitions

*3. Health Information - You Need It - We Have It (Pink): Lee-Whedon Memorial Library Health Fair Program (Editor's note: A summary is provided.)

4. Bookmarks - Pregnancy, Cancer, Arthritis, Heart Disease

*5. Information & Referral File Cards

6. Buying Lists - HELP I, HELP II A, HELP II B (Editor's note: These lists have been combined and are now called "Nioga Library System Combined Buying Lists: HELP I, II A and II B.")

*7. Posters - The First Wealth is Health

*8. Evaluation Forms from In-Service Workshops - Two

*9. Agendas from In-Service Workshops - Two - five copies of each.

10. Materials handed out at In-Service Workshops

*11. Worksheets for Development of Health Information Kit placements

12. Introductory Letter to potential Health Information Kit sites from Nioga Executive Director

*13. Interlibrary Loan procedure guidelines for HELP

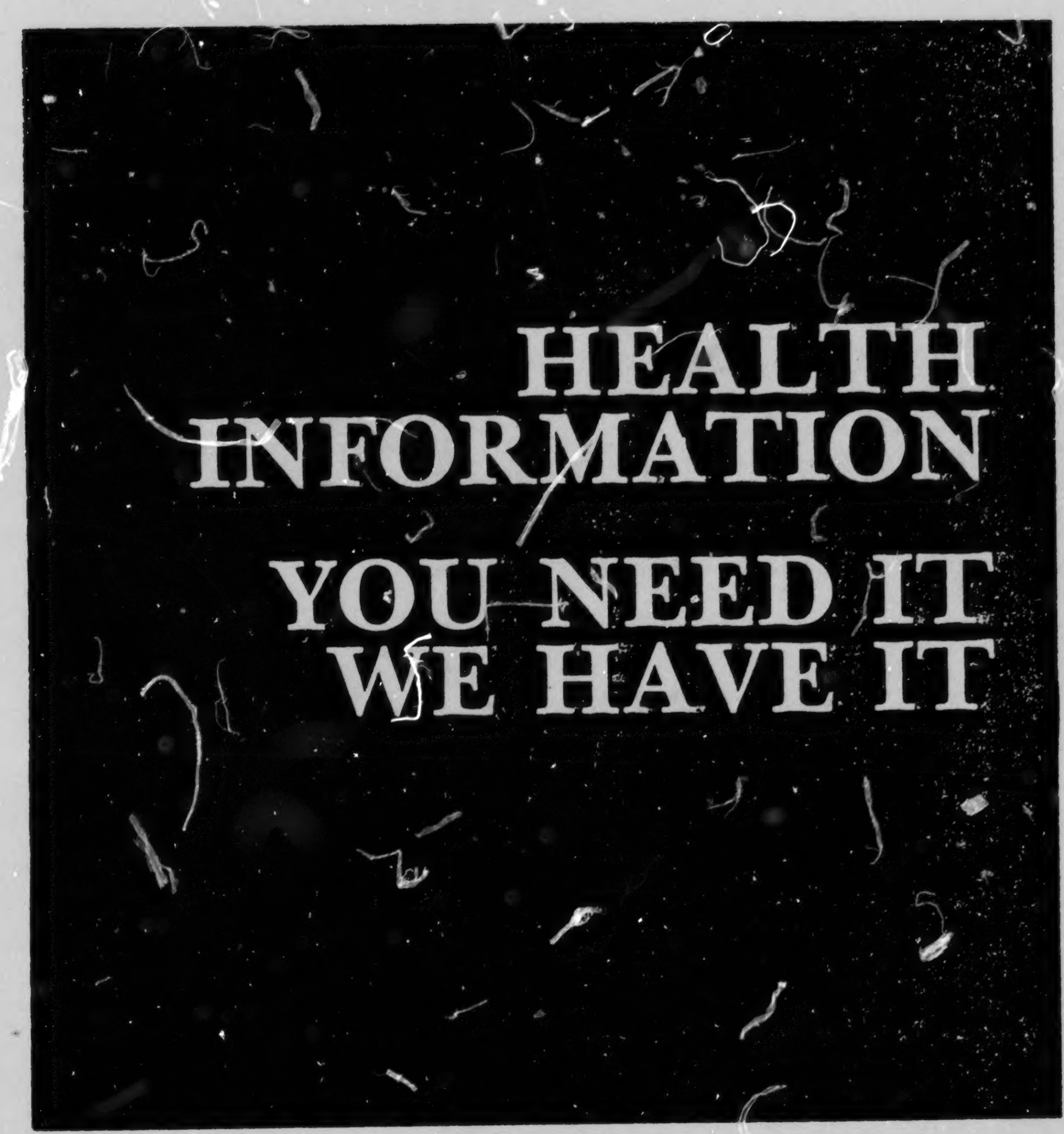
*14. Materials from presentation to Southern Adirondack Library System librarian's meeting

*15. Press Releases pertaining to HELP (Editor's note: One release and one clipping are included.)

16. Letter from Nioga, Executive Director to three-county doctors

* (Editor's note: Items marked with an asterisk have been omitted from this publication either partially or completely. See the notes above.)

III. BROCHURES



HEALTH INFORMATION

YOU NEED IT
WE HAVE IT

NIOGA BROCHURE: Health Information: You Need It, We Have It, Side 1.

For Your Information

HELP: The Nioga Library System's **Health Education Library Project, (HELP)** is funded by a grant from the New York State Education Department. HELP is designed to bring you, the consumer, health information by way of your public library and in Health Information Kits located around your area. Health information is available on drugs, cancer, allergies, arthritis, diabetes, child rearing, nutrition, and the environment, to name a few topics.

HELP
Health Education Library Project
NIOGA

Health Information Kits: Mini-collections of popular consumer health books have been selected by community health professionals and placed in Health Information Kits. These sets of books are available to read in local hospitals, and in many allied health and social service agencies. Books in the kits are:

1. **TABER'S CYCLOPEDIC MEDICAL DICTIONARY** 14th ed.
2. **EMERGENCY MEDICAL GUIDE** 4th ed. by John Henderson
3. **BABY AND CHILD CARE** by Benjamin Spock
4. **PEOPLE'S PHARMACY-2** by Joe Graedon
5. **ESSENTIAL GUIDE TO PRESCRIPTION DRUGS** by James Long
6. **HOW TO BE YOUR OWN DOCTOR (SOMETIMES)** by Keith B. Sehnert

For a listing of Health Information Kit locations, ask at your local library.

Information: For either a quick question, or an in-depth request, needed information is available from all 23 Nioga member libraries. With monies from the HELP grant, the following libraries

NIOGA BROCHURE: Health Information; You Need It, We Have It, Side 2.

are site locations and have recently increased their collections of consumer health materials:

Niagara Falls Public Library
(Nioga's Central and largest library)
Richmond Memorial Library, Batavia
(Genesee County)
Lockport Public Library
(Niagara County)
Lee-Whedon Memorial Library, Medina
(Orleans County)
North Tonawanda Public Library
(Niagara County)
Tonawanda Indian Community House Library
(Genesee County)

If the materials you want aren't immediately available, ask your librarian, and efforts will be made to obtain them.

Data Base Searches: A computerized up-to-date listing of current magazine articles on a particular health condition is available through your local library and supplied by the State University of New York at Buffalo Health Science Library. Searches are paid for by project HELP funds.

HELP

Health Education Library Project

NIOGA
NIOGA Library System 6575 Wheeler Road
Lockport, NY 14094 (716) 434-6167

I would like more information on the following health subject: ______________

____

____

____

Just take this coupon to your local library for more information. A complete listing of Nioga's members is on the back of this coupon.

Take Advantage of Your Library!

NIOGA BROCHURE: Health Information; You Need It, We Have It, Side 3.

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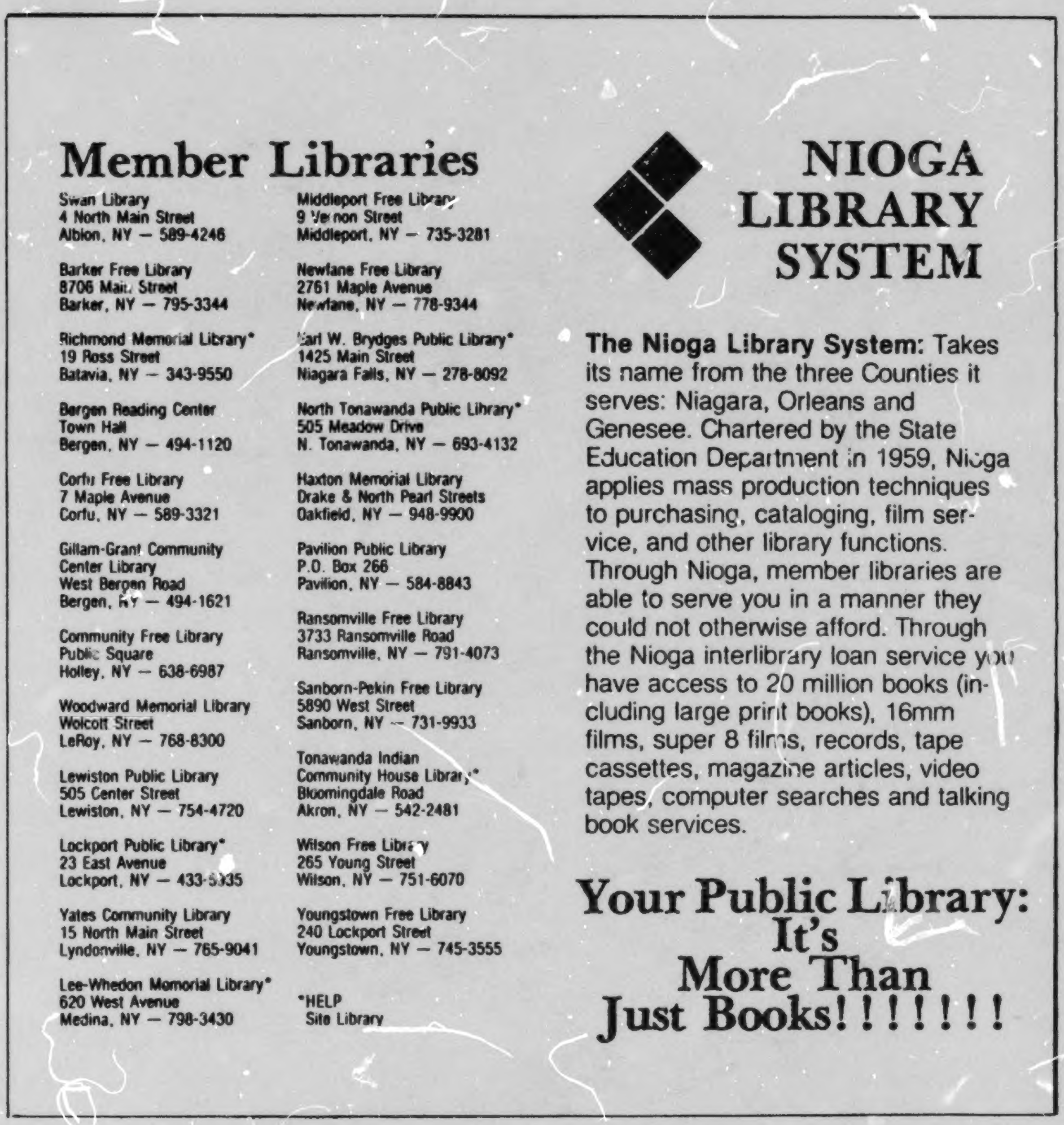


Member Libraries

Swan Library
4 North Main Street
Albion, NY — 589-4246

Barker Free Library
8706 Main Street
Barker, NY — 795-3344

Richmond Memorial Library*
19 Ross Street
Batavia, NY — 343-9550

Bergen Reading Center
Town Hall
Bergen, NY — 494-1120

Corfu Free Library
7 Maple Avenue
Corfu, NY — 589-3321

Gillam-Grant Community
Center Library
West Bergen Road
Bergen, NY — 494-1621

Community Free Library
Public Square
Holley, NY — 638-6987

Woodward Memorial Library
Wolcott Street
LeRoy, NY — 768-8300

Lewiston Public Library
505 Center Street
Lewiston, NY — 754-4720

Lockport Public Library*
23 East Avenue
Lockport, NY — 433-5935

Yates Community Library
15 North Main Street
Lyndonville, NY — 765-9041

Lee-Whedon Memorial Library*
620 West Avenue
Medina, NY — 798-3430

Middleport Free Library
9 Vernon Street
Middleport, NY — 735-3281

Newfane Free Library
2761 Maple Avenue
Newfane, NY — 778-9344

Earl W. Brydges Public Library*
1425 Main Street
Niagara Falls, NY — 278-8092

North Tonawanda Public Library*
505 Meadow Drive
N. Tonawanda, NY — 693-4132

Haxton Memorial Library
Drake & North Pearl Streets
Oakfield, NY — 948-9900

Pavilion Public Library
P.O. Box 266
Pavilion, NY — 584-8843

Ransomville Free Library
3733 Ransomville Road
Ransomville, NY — 791-4073

Sanborn-Pekin Free Library
5890 West Street
Sanborn, NY — 731-9933

Tonawanda Indian
Community House Library*
Bloomingdale Road
Akron, NY — 542-2481

Wilson Free Library
265 Young Street
Wilson, NY — 751-6070

Youngstown Free Library
240 Lockport Street
Youngstown, NY — 745-3555

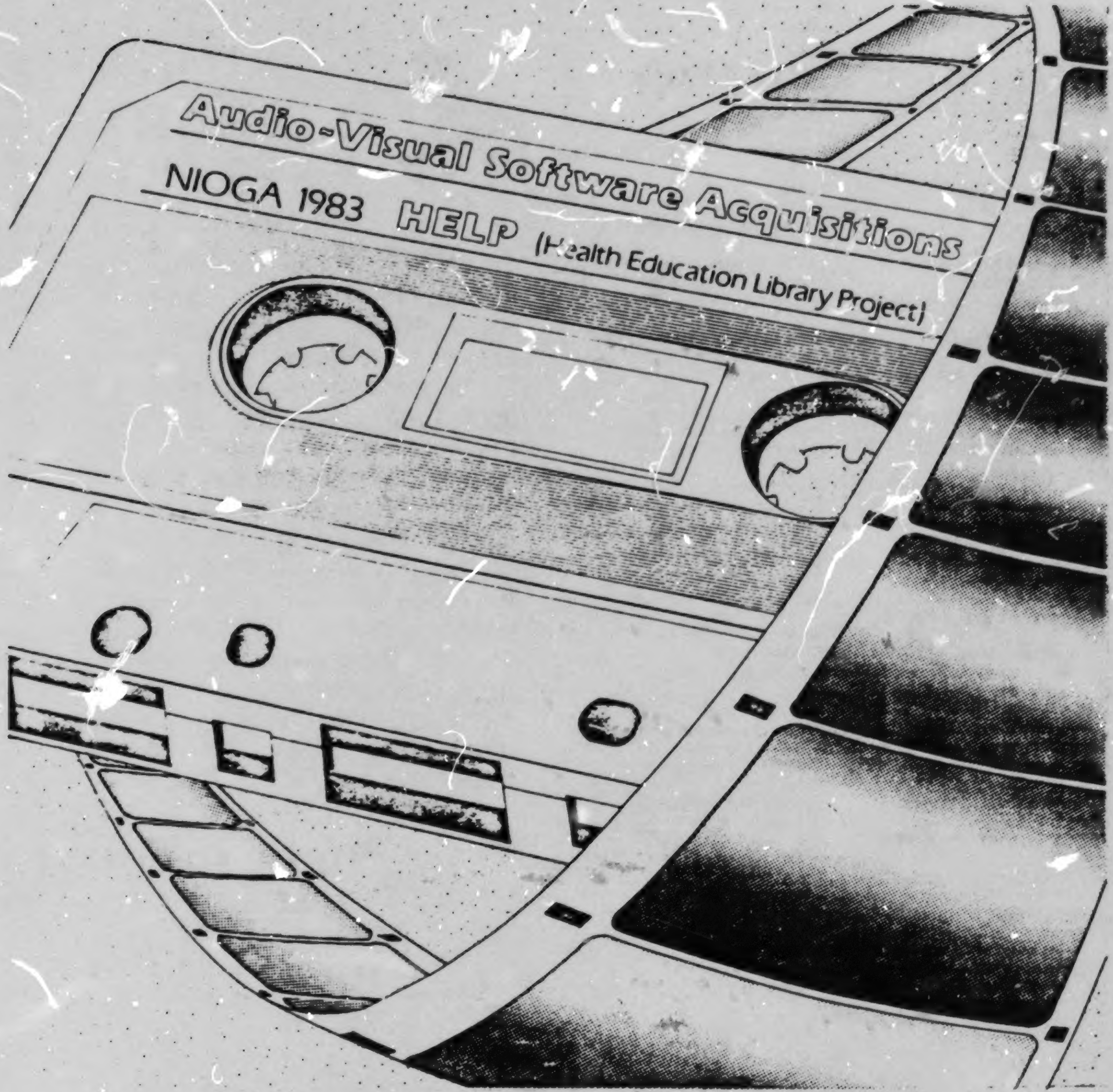
*HELP
Site Library

NIOGA LIBRARY SYSTEM

The Nioga Library System: Takes its name from the three Counties it serves: Niagara, Orleans and Genesee. Chartered by the State Education Department in 1959, Nioga applies mass production techniques to purchasing, cataloging, film service, and other library functions. Through Nioga, member libraries are able to serve you in a manner they could not otherwise afford. Through the Nioga interlibrary loan service you have access to 20 million books (including large print books), 16mm films, super 8 films, records, tape cassettes, magazine articles, video tapes, computer searches and talking book services.

Your Public Library: It's More Than Just Books!!!!!!!

NIOGA BROCHURE: Health Information; You Need It, We Have It, Side 4.


Audio-Visual Software Acquisitions
NIOGA 1983 HELP (Health Education Library Project)

NIOGA BROCHURE: Audio-Visual Software Acquisitions; Nioga 1983 HELP (Health Education Library Project), Side 1.

HELP

The Nioga Library System's Health Education Library Project (HELP) is funded by a grant from the New York State Education Department. HELP is designed to bring you, the consumer, health information by way of the public libraries in Niagara, Orleans and Genesee Counties. Through your local library you have access to health information in books, magazines and a variety of non-print media, such as audio-cassettes, sound filmstrips, film and videotapes. The non-print media listed in this brochure was purchased with HELP funds. Contact your local library for information on how to borrow any items listed in the brochure. A Directory of local libraries is listed on the back cover.

16mm Films

To Discover Our Body's Time Clock
The Common Cold
Fat Film

Sound Filmstrips

CPR Saves Lives
Matthew's Broken Arm (A First Visit to the Hospital)

Videotape

Living With Cancer: Three Perspectives

Audio Cassettes

Healthy Skin
Diseases of the Skin
Lung Cancer
Leukemia
High Blood Pressure
Syphilis
Gonorrhea
Headaches
Strokes
Diabetes
Cancers of Digestive System
Understanding Anesthesia
Understanding Surgery
Contraception
Coronary By-Pass Surgery
Losing Weight Intelligently

NIOGA BROCHURE: Audio-Visual Software Acquisitions; Nioga 1983 HELP (Health Education Library Project), Side 2.

Understanding Cancer
Heart Attacks
Kidney Diseases
Understanding Depression
Prostate Diseases
Understanding Psychotherapy
Understanding Drugs
Uppers & Downers
Marijuana & Psych. Drugs
Ulcers
Understanding Eye Ailments
Cataracts
Glaucoma
Infertility
Back & Neck Pain
Understanding Acupuncture
Cancers of the Uterus
Arthritis
Gout
Psychosomatic Disorders
Understanding Hypnosis
Pregnancy
Childbirth
Baldness & Hair Replacement
Epilepsy
Hearing Problems
Understanding Menstruation
Understanding Menopause
Vaginal Hygiene
Alcoholism
Smoking vs. Your Good Health
Understanding Phobias
Colon & Rectal Cancer
Burns
Cerebral Palsy
Breast Cancer
Understanding Mental Problems
Healthy Teeth & Gums
Special Dental Problems
Understanding Sexual Problems
Female Sexual Problems
Male Sexual Impotence
Sex in the Later Years
Diet in Diabetes
Chronic Complications of Diabetes
Juvenile Diabetes
Understanding Schizophrenia
Death & Dying
Grief
Emergency Medical Care (First Aid)
Varicose Veins
Pneumonia, Flu, TB
Mononucleosis
Young People and Drugs
Muscular Dystrophy
Sleep Disorders
Genetic Diseases
Hemorrhoids
Anemias
Childhood Autism
Learning Disabilities — Dyslexia
The Hyperactive Child
Pain Control
Understanding Interferon

HELP
Health Education Library Project
NIOGA

NIOGA Library System
6575 Wheeler Road
Lockport, NY 14094

(716) 434-6167

NIOGA BROCHURE: Audio-Visual Software Acquisitions; Nioga 1983 HELP (Health Education Library Project), Side 3.

Member Libraries

Swan Library
4 North Main Street
Albion, NY – 589-4246

Barker Free Library
8706 Main Street
Barker, NY – 795-3344

Richmond Memorial Library
19 Ross Street
Batavia, NY – 343-9550

Bergen Reading Center
Town Hall
Bergen, NY – 494-1120

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Corfu, NY – 589-3321

Gillam-Grant Community
Center Library
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Public Square
Holley, NY – 638-6987

Woodward Memorial Library
Wolcott Street
LeRoy, NY – 768-8300

Lewiston Public Library
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Lewiston, NY – 754-4720

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Newfane, NY – 778-9344

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Pavilion Public Library
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Pavilion, NY – 584-8843

Ransomville Free Library
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Sanborn, NY – 731-9933

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Youngstown, NY 745-3555

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Your Public Library
It's
More Than
Just Books!!!

NIOGA BROCHURE: Audio-Visual Software Acquisitions; Nioga 1983 HELP (Health Education Library Project), Side 4.

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IV. HEALTH INFORMATION; YOU NEED IT, WE HAVE IT
(Lee Whedon Memorial Library Health Fair Program)

(Editor's note: As an economy measure the sixteen-page program bearing the above title has been omitted. It is the program guide for the First Biannual Health Fair held at the Lee-Whedon Memorial Library in Medina, N.Y., co-sponsored by the Nioga Library System and the Health Education Library Project. The program has potential usefulness as an example for other libraries wishing to hold such an event. However, much of the information would be useful only to someone in the vicinity of that library. We have therefore elected just to list the contents of the program here.)

Lee-Whedon Memorial Library First Biannual Health Fair Program

Contents

Cover
Welcoming letter from the President and Director of host library
Explanation of Nioga Health Education Library Project (HELP)
Schedule of day's activities, organized as follows:

Movies and Lectures

Time	Title	Running time	Sponsor

Booth Activities

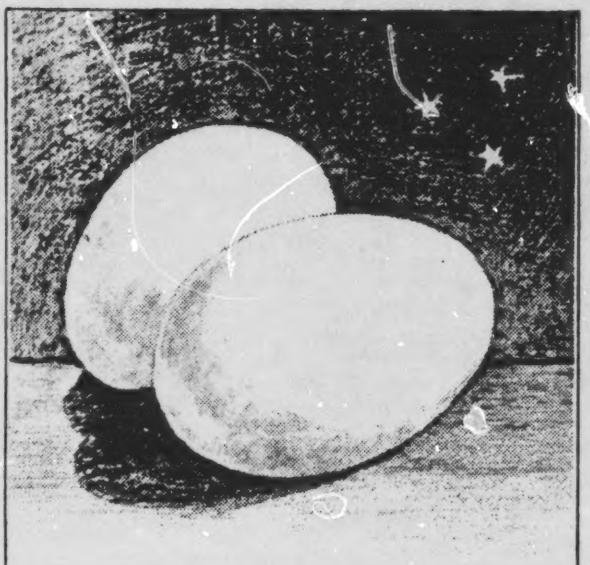
Sponsor	Location	Activity

Floor plan of the library, showing locations of numbered booths
List of participating organizations, numbered to match booths
Legend to accompany the floor plan, indicating locations of various categories of library materials within the library, by code
Guide to health-related information--a list of major health topics with their corresponding classification numbers as used in the library
List of local health professionals and health-related organizations not represented at the fair but willing to provide health information
Blank pages for note-taking by those attending
Acknowledgements

The emphasis of the booth activities was on screening for health problems. The booths included the following:

Blood Pressure Check
Breathalyzer Demonstration
Diabetes Testing
Filmstrip
Fitness Check
Glaucoma Screening
Posture Check
Slides
Video Cassette Presentation (from Nioga Library System)

V. BOOKMARKS



Pregnancy

The Nioga Library System's Health Library Project (HELP) is designed to bring you, the consumer, health information by way of the public libraries in Niagara, Orleans and Genesee Counties. Health information is available on a variety of topics including pregnancy/childbirth. The following titles and other information on this topic can be found at the libraries listed on the reverse side.

Methods Of Childbirth
Bean, Constance Doubleday, 1982
Surviving Pregnancy Loss
Friedman, Rochelle Little, 1982
Fertility And Conception:
An Essential Guide For Childless Couples
Stangel, John NAL, 1980
Practical Pregnancy: All That's Different
In Life Because You're Pregnant
Wolfe, Maxine Warner, 1980

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For further information on pregnancy/childbirth contact: Your local hospital.

NIOGA Member Libraries

Swan Library
4 North Main Street
Albion, NY—589-4246

Barker Free Library
8706 Main Street
Barker, NY—795-3344

Richmond Memorial Library
19 Ross Street
Batavia, NY—343-9550

Bergen Reading Center
Town Hall
Bergen, NY—494-1120

Corfu Free Library
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Corfu, NY—589-3321

Gillam-Grant Community
Center Library
West Bergen Road
Bergen, NY—494-1621

Community Free Library
Public Square
Holley, NY—638-6987

Woodward Memorial Library
Wolcott Street
LeRoy, NY—768-8300

Lewiston Public Library
505 Center Street
Lewiston, NY—754-4720

Lockport Public Library
23 East Avenue
Lockport, NY—433-5935

Yates Community Library
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Lyndonville, NY—765-9041

Lee-Whedon Memorial Library
620 West Avenue
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Middleport Free Library
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Middleport, NY—735-3281

Newfane Free Library
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Newfane, NY—778-9344

Earl W. Brydges Public Library
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Haxton Memorial Library
Drake & North Pearl Streets
Oakfield, NY—948-9900

Pavilion Public Library
P.O. Box 266
Pavilion, NY—584-8843

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Ransomville, NY—791-4073

Sanborn-Pekin Free Library
5890 West Street
Sanborn, NY—731-9933

Tonawanda Indian
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Bloomingdale Road
Akron, NY—542-2481

Wilson Free Library
265 Young Street
Wilson, NY—751-6070

Youngstown Free Library
240 Lockport Street
Youngstown, NY—745-3555

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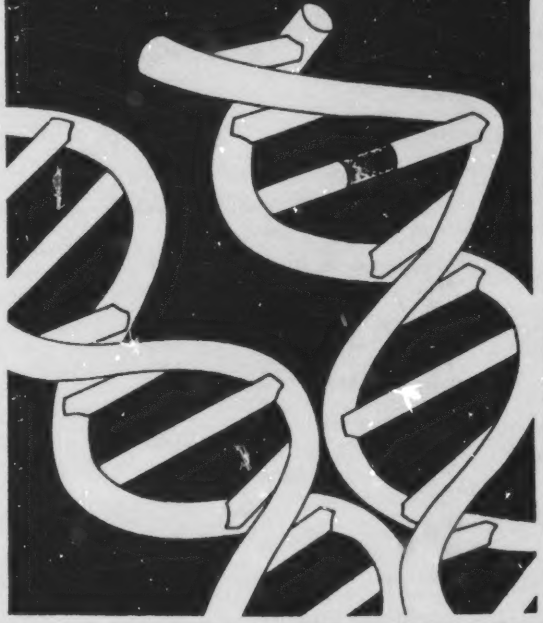
The Nioga Library System's Health Education Library Project (HELP) is designed to bring you, the consumer, health information by way of the public libraries in Niagara, Orleans and Genesee Counties. Health information is available on a variety of topics including cancer. The following titles and other information on this topic can be found at the libraries listed on the reverse side.

You Can Fight Cancer And Win
Brody, Jane   Times Books, 1977
Choices: Realistic
Alternatives In Cancer Treatment
Morra, Marion   Avon, 1980
Comprehensive Guide For
Cancer Patients And Their Families,
Rosenbaum, Ernest
Bull Publishing Company, 1980
The Indispensable Cancer Handbook
Salsbury, Kathryn   Harper, 1981

cancer



For further information
on cancer contact:

AMERICAN CANCER SOCIETY
Niagara County Chapter
2103 Main Street
Niagara Falls, NY 14305 284-4084
Genesee County Chapter
310 East Main Street
Batavia, NY 14020 343-1454
Orleans County Chapter
111 North Main Street
Albion, NY 14411 589-7808

NIOGA Member Libraries

Swan Library
4 North Main Street
Albion, NY—589-4246

Barker Free Library
8706 Main Street
Barker, NY—795-3344

Richmond Memorial Library
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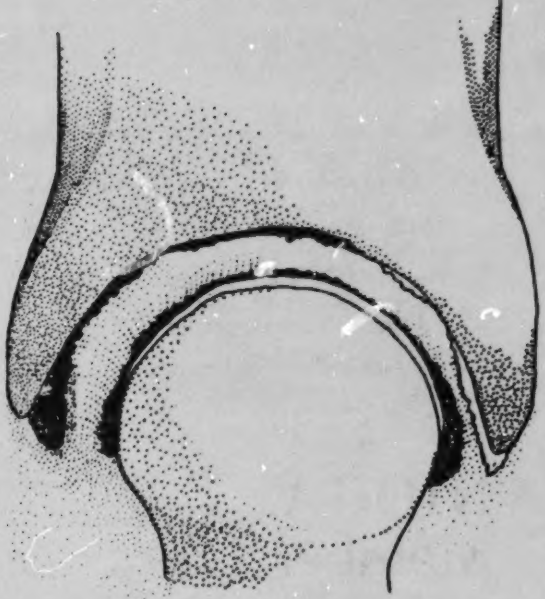
Akron, NY—542-2481

Wilson Free Library
265 Young Street
Wilson, NY—751-6070

Youngstown Free Library
240 Lockport Street
Youngstown, NY—745-3555



arthritis

The Nioga Library System's Health Education Library Project (HELP) is designed to bring you, the consumer, health information by way of the public libraries in Niagara, Orleans and Genesee Counties. Health information is available on a variety of topics including arthritis. The following titles and other information on this topic can be found at the libraries listed on the reverse side.

The Arthritis Book
Engleman, Ephraim Dutton, 1979
Arthritis: The New Treatments
Freeman, Julian
Contemporary Books, 1981
Arthritis: A Comprehensive Guide
Fries, James F. Addison-Wesley, 1979
Living With Your Arthritis
Rosenberg, Alan L., ed. Arco, 1979

For further information on arthritis contact:

Arthritis Foundation
of Western New York
4556 Bailey Avenue
Buffalo, NY 14226
837-8600 - may call collect

NIOGA Member Libraries

Swan Library
4 North Main Street
Albion, NY—589-42[illegible]6

Barker Free Library
8706 Main Street
Barker, NY—795-3344

Richmond Memorial Library
19 Ross Street
Batavia, NY—343-9550

Bergen Reading Center
Town Hall
Bergen, NY—494-1120

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240 Lockport Street
Youngstown, NY—745-3555

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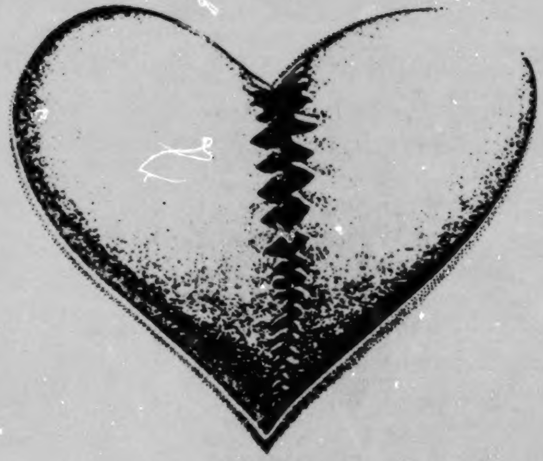
BEST COPY AVAILABLE



Heart Disease

The Nioga Library System's Health Education Library Project (HELP) is designed to bring you, the consumer, health information by way of the public libraries in Niagara, Orleans and Genesee Counties. Health information is available on a variety of topics including heart disease. The following titles and other information on this topic can be found at the libraries listed on the reverse side.

American Heart Association Cookbook
American Heart Assoc. McKay, 1977
The Living Heart
DeBakey, Michael McKay, 1977
Type A Behavior And Your Heart
Friedman, Meyer Knopf, 1974
Consultation With A Cardiologist
Haft, Jacob Nelson-Hall, 1979

For further information on heart disease contact:

AMERICAN HEART ASSOCIATION
Niagara and Genesee County Chapters
Statler Hotel
164 Franklin Street
Buffalo, NY 14202
Niagara Falls Phone 282-8830
Genesee County Residents
Phone 853-5356 (Buffalo)

Genesee Valley Chapter, Inc.
222 Commercial Street
Medina, NY 14103
798-4725

NIOGA Member Libraries

Swan Library
4 North Main Street
Albion, NY—589-4246

Barker Free Library
8706 Main Street
Barker, NY—795-3344

Richmond Memorial Library
19 Ross Street
Batavia, NY—343-9550

Bergen Reading Center
Town Hall
Bergen, NY—494-1120

Corfu Free Library
7 Maple Avenue
Corfu, NY—589-3321

Gillam-Grant Community
Center Library
West Bergen Road
Bergen, NY—494-1621

Community Free Library
Public Square
Holley, NY—638-6987

Woodward Memorial Library
Wolcott Street
LeRoy, NY—768-8300

Lewiston Public Library
505 Center Street
Lewiston, NY—754-4720

Lockport Public Library
23 East Avenue
Lockport, NY—433-5935

Yates Community Library
15 North Main Street
Lyndonville, NY—765-9041

Lee-Whedon Memorial Library
620 West Avenue
Medina, NY—798-3430

Middleport Free Library
9 Vernon Street
Middleport, NY—735-3281

Newfane Free Library
2761 Maple Avenue
Newfane, NY—778-9344

Earl W. Brydges Public Library
1425 Main Street
Niagara Falls, NY—278-8092

North Tonawanda Public Library
505 Meadow Drive
N. Tonawanda, NY—693-4132

Haxton Memorial Library
Drake & North Pearl Streets
Oakfield, NY—948-9900

Pavilion Public Library
P.O. Box 266
Pavilion, NY—584-8843

Ransomville Free Library
3733 Ransomville Road
Ransomville, NY—791-4073

Sanborn-Pekin Free Library
5890 West Street
Sanborn, NY—731-9933

Tonawanda Indian
Community Library
Bloomingdale Road
Akron, NY—542-2481

Wilson Free Library
265 Young Street
Wilson, NY—751-6070

Youngstown Free Library
240 Lockport Street
Youngstown, NY—745-3555

VI. NIOGA LIBRARY SYSTEM COMBINED BUYING LISTS: HELP I, II A AND II B

A major activity of the Nioga HELP project was the creation and distribution to system members of three lengthy checklists called HELP Buying Lists I, II A and II B. They were issued in an imaginative format with the references printed as sheets of coupons on legal-size paper, to be clipped and submitted as orders. The buying lists were prepared by Dorothy Raymond, Science Reference Librarian at the Niagara Falls Public Library, the Central Library for the Nioga Library System, and Mary Brink, HELP Project Coordinator and Children's Services Consultant for the Nioga system. Ms. Raymond either examined each item listed or found reviews or annotations concerning it by authoritative sources.

The lists did not lend themselves to duplication in their original form. Because they were issued at different times, there was some duplication of coverage and the formats of the entries varied a great deal. The long page format did not match the size of this publication and there was much unused space per page. Therefore,a consolidated list has been created, with the entries in a single topical arrangement. Within each topic they are by main entry. The numbering of entries has been omitted in this combined list, and no indication is given of the original lists from which the entries came.

Subject coverage is not complete, and some areas are covered much more thoroughly than others. The buying list consists mainly of books, but there is also a brief section listing periodicals. The works listed appear very suitable for use in a public library or for any user group--school, hospital patient library, or organization--at the general level. A good feature of the entries is the indication of grade level when the item is suitable for the younger reader, and some subject entries have been subdivided to provide sections containing just books on that level.

Ideally each item listed would have been checked thoroughly for accuracy and currency of information and appropriate changes would have been made, but the shortage of time for work on this publication prevented that. However, any obviout errors have been corrected and the format has been standardized. The place of publication is not given and publishers' names have been abbreviated, but the publishers should be readily identifiable through use of any standard list of publishers, such as that in Books in Print.

In many entries brief annotations have been provided which reflect either the personal judgment of the complier or that of another reviewer. Where an annotation has been reproduced in any part from a source which regularly contains reviews or annotations, and even where such a review or annotation was found but not reproduced, the source is cited. If evaluative or descriptive information from such a reviewing source appears, no acknowledgement for its use appears because it is the purpose of reviewing publications to provide such information for public use. However, for the annotations based on descriptions in one source which was heavily cited, the book by Alan Rees and Blanche Young, Consumer Health Information Source Book, credit for the use of the information has been given, as required by the publisher, in footnotes on every page where the use occurred.

A few unpublished bibliographies of consumer health publications prepared and circulated in New York State during the time of the pilot projects have been cited so anyone holding copies of those lists may consult them for additional information. The full entries for sources of reviews and annotatations and the definitions of all other abbreviations used appear on the following page.

EXPLANATION OF ABBREVIATIONS, REFERENCES AND SYMBOLS USED

AHA	American Hospital Association
Adams	Adams, Bruce, comp., "Health Information," Schenectady, N.Y., Schenectady County Public Library, 1981. (Unpublished annotated bibliography)
BL	Booklist, Chicago, American Library Association, semimonthly
CBRS	Children's Book Review Service, Brooklyn, N.Y., Children's Book Review Service, Inc., monthly plus supplements
CHIC I	Bain, Christine A. et al, "A Selected Core List of Health/Medical Reference Books for Consumer Health Libraries," New York Library Association Consumer Health Information Committee, 1980. (Unpublished annotated bibliography)
CHIC II	Ochs, Phyllis, "A Selected List of Resources on Medical Alternatives and Holistic Health for Consumer Health Libraries," New York Library Association Consumer Health Information Committee, 1980. (Unpublished annotated bibliography)
Children's Catalog	Children's Catalog, 14th ed., N.Y., H.W. Wilson, 1981 and 1982 supp.
dist.	distributor, distributed
Gr.	Grade
GPO	U.S. Government Printing Office, Washington, D.C. 20402
ISBN	International Standard Book Number
Juv.	Juvenile
JBM	Nioga Juvenile Book Meeting List, produced six times a year for use by member libraries in selection
KR	Kirkus Reviews, N.Y., Kirkus Service, semimonthly
LJ	Library Journal, N.Y., R.R. Bowker Co, semimonthly (monthly, July-August)
lib.	library edition
MLB	Mary L. Brink, Nioga Library System Health Education Library Project Coordinator. Personal recommendation.
OCPL	Onondaga County Public Library. This citation indicates that the item was found on one of several lists prepared by staff of the OCPL's Medical Information Pilot Project.
PW	Publishers Weekly, N.Y., R.R. Bowker Co., weekly
pap.	paper-covered
pib.	plastic or plasticized binding
Rees	Rees, Alan M. and Young, Blanche A., editors, Consumer Health Information Source Book, N.Y., R.R. Bowker Co., 1981.
RP	Roswell Park Memorial Institute, "Patient and Family Resource Center Holdings List," with Addendum. Received by Nioga, July, 1982. (Unpublished list)
Simons	Simons, Anne, M.D., "Medical Textbooks I Have Known," in Medical Self Care, Fall, 1979, pp. 24-9.
SLJ	School Library Journal, N.Y., R.R. Bowker Co., monthly (except June and July)
Std. Cat.	American Library Association. Public Library Catalog, (Standard Catalog Series) N.Y., W.W. Wilson Co., 7th ed., 1979. Kept up-to-date between editions by annual supplements.
tr.	trade edition
VA	Veterans Administration Medical Center, Buffalo, Patient Education Resource Materials Received by Nioga, March, 1982.
+	Recommended. Appears on items from NIOGA HELP II A and B lists only.
++	Highly recommended. Appears on items from HELP II A and B lists only.

NIOGA LIBRARY SYSTEM COMBINED BUYING LISTS: HELP I, II A AND II B

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BOOKS

ALCOHOLISM

Allen, Chaney, I'm Black and I'm Sober, CompCare, 1978, $6.95 pap. ISBN 0-89638-008-4.

Chafetz, Morris, Why Drinking Can Be Good for You, Stein and Day, 1976, $8.95 ISBN 0-685-79102-6; $3.95 pap. ISBN 0-8128-2477-6.

Curlee-Salisbury, Joan, When the Woman You Love Is an Alcoholic, Abbey, 1979, $2.45 pap. ISBN 0-87029-143-2.

Fajardo, Roque, Help Your Alcoholic Before He or She Hits Bottom: A Tested Technique for Leading Alcoholics into Treatment, Crown, 1976, $7.95 ISBN 0-517-52682-4.

Hornik, Edith, The Drinking Woman, Follett, 1978, $8.95 ISBN 0-695-81160-6.

Kimball, Bonnie-Jean, Alcoholic Woman's Mad, Mad World of Denial and Mind Games, Hazelden Foundation, 1978, $3.50 pap. ISBN 0-89486-048-8.

McCabe, Thomas R., Victims No More, Hazelden Foundation, 1978, $3.95 pap. ISBN 0-89486-049-6.

Mehl, Duane, You and the Alcoholic in Your Home, Augsburg, 1979, $3.95 pap. ISBN 0-8066-1697-0.

Nero, Jack, Drink Like a Lady, Cry Like a Man; The Love Story of a Man and His Recovering Alcoholic Wife, CompCare, 1977, $6.95 pap. ISBN 0-89638-006-8.

Seixas, Judith S., Alcohol--What it Is, What it Does, Greenwillow (Morrow), 1981, $2.95 pap. ISBN 0-688-00462-8 Gr. 1-3; $5.95 tr. ISBN 0-688-80080-7; $5.71 lib. ISBN 0-688-84080-9. A primer on the use and abuse of alcohol.

Seixas, Judith, Living with a Parent Who Drinks Too Much, Greenwillow, 1979, $7.50 ISBN 0-688-80196-X, Juv.

ALCOHOLISM--JUVENILE AND YOUNG ADULT

Alibrandi, Tom, Young Alcoholics, CompCare, 1978, $6.50 pap. ISBN 0-89638-014-9 Juv.

Cross, Wilbur, Kids and Booze: What You Must Know to Help Them, Dutton, 1979, $10.95 ISBN 0-87690-355-3; $5.95 pap. ISBN 0-87690-314-6 Juv.

Englebardt, Stanley L., Kids and Alcohol, the Deadliest Drug, Lothrop, 1975, $6.25 pap. ISBN 0-688-41717-5 Juv., Y.A.

Haskins, Jim, Teen-Age Alcoholism, Dutton, 1976, $7.95 ISBN 0-8015-7480-3; $3.50 pap. ISBN 0-8015-7481-1 Juv., Y.A.

Hyde, Margaret O., Know About Alcohol. McGraw-Hill, 1978, $6.95 ISBN 0-07-031621-x Juv. Gr. 4 +, Children's Catalog, 14th ed.

Langone, John, Bombed, Buzzed, Smashed or Sober: A Book About Alcohol, Avon, 1979, Little Brown, 1976, ISBN 0-316-51424-1; $1.95 pap. ISBN 0-380-43653-1 Y.A.

Lee, Essie, E., Alcohol, Proof of What? Messner, 1976, $8.79 ISBN 0-671-32789-5 Y.A.

Marshall, Shelly, Young, Sober and Free, Hazelden Foundation, 1978, $4.95 ISBN 0-89486-055-0 Juv., Y.A.

Silverstein, Alvin, Alcoholism, Lippincott, 1975, $7.95 ISBN 0-397-31648-8; $3.95 pap. ISBN 0-397-31649-6, Gr. 5 +, Children's Catalog, 14th ed.

Snyder, Anne, Kids and Drinking, CompCare, 1977, $3.95 pap. ISBN 0-89638-010-6 Juv.

ALLERGIES AND ASTHMA

Dehejia, Harsha V., The Allergy Book, Van Nostrand, Reinhold, 1981, $10.95 ISBN 0-442-21887-7.

Giannini, Allan V., et al, The Best Guide to Allergy, Appleton-Century-Crofts, 1981 $12.95 ISBN 0-8385-0645-3; $5.95 pap. ISBN 0-8385-0644-5.

Golos, Natalie, Coping with Your Allergies, Simon & Schuster, 1979, $14.95 ISBN, 0-671-24078-1.

Lane, Donald J., Asthma: The Facts, Oxford, 1980, $11.95 ISBN 0-19-261175-5; Oxford, 1981, $5.95 pap. ISBN 0-19-520277-5.

Rapp, Doris J., Allergies and Your Family, Sterling, 1980, $12.50 ISBN 0-8069-5558-9; $11.69 lib. ISBN 0-8069-5559-7; $6.95 pap. ISBN 0-8069-8878-9.

Riedman, Sarah, R., Allergies, Watts, 1978, $6.90 ISBN 0-531-01352-9, Gr. 4-6 "First Book," Children's Catalog, 14th ed., 1981.

* Silverstein, Alvin and Silverstein, V.B., Allergies, Lippincott, 1977, $7.95 ISBN 0-397-31758-1; $2.95 pap. ISBN 0-397-31759- , Gr. 4 +. Covers the history, causes and types of allergies; detailed and clear. Rees, p. 158.

Silverstein, Alvin, Itch, Sniffle and Sneeze: All About Asthma, Hay Fever and Other Allergies, Four Winds, 1978, $7.95 ISBN 0-590-07540-3 Gr. 3-5, Children's Catalog, 14th ed.

ANATOMY

Gray's Anatomy of the Human Body, 29th American Edition, ed. by Charles M. Goss, Lea & Febiger, 1973, $32.50, ISBN 0-8121-0377-7.

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Woodburne, Russell T., Essentials of Human Anatomy, 6th ed., Oxford, 1978, $27.50 ISBN 0-19-502257-2.

ANOREXIA NERVOSA AND BULIMIA

Landau, Elaine, Why Are They Starving Themselves: Understanding Anorexia Nervosa and Bulimia, Messner, 1983, $9.29 ISBN 0-671-45582-6 Age 12 +. KR 12/15/82: Case studies and profiles of anorectics and bulimics. Convincing.

Levenkron, Steven, Treating and Overcoming Anorexia Nervosa, Scribners, 1982, $12.95 ISBN 0-684-17430-8. LJ 4/1/82, p. 735; KR 1/15/82, p. 117.

ARTHRITIS

Carr, Rachel E., Arthritis: Relief Beyond Drugs, Harper and Row, 1981, $10.95 ISBN 0-06-014883-7.

Crain, Darrell C., M.D., The Arthritis Handbook; A Patient's Manaul on Arthritis, Rheumatism and Gout, 2nd ed., rev., Arco, 1973, $1.95 pap. ISBN 0-668-12865-5.

Engleman, Ephraim, The Arthritis Book: A Guide for Patients and Their Families, Dutton, 1979, $12.95 ISBN 0-525-05850-8. Rees, p. 130.

Freeman, Julian, Arthritis: The New Treatments, rev. ed., Contemporary, 1981, $5.95 ISBN 0-8092-5960-5. Rees, p. 230.

Fries, James F., Arthritis: A Comprehensive Guide, Addison-Wesley, 1979, $11.95 ISBN 0-201-02725-9; $7.95 pap. ISBN 0-201-02726-7. Rees, p. 231.

Healey, Louis A., M.D., Beyond the Copper Bracelet: What You Should Know About Arthritis, 2nd ed., Charles Pr., 1977, $5.95 pap. ISBN 0-913486-81-7.

Kitay, William, Understanding Arthritis, Monarch, 1977, $2.95 pap. ISBN 0-671-18089-4. Rees, p. 231.

Krewer, Semyon, Arthritis Exercise Book, Simon & Schuster 1981, $7.95 pap. ISBN 0-346-12497-2.

Rosenberg, Alan L., ed., Living with Your Arthritis: A Home Program for Arthritis Management, Arco, 1979, $8.95 ISBN 0-668-04519-1; $3.95 pap. ISBN 0-668-04522-1. Rees, p. 231.

BACK PAIN

Hall, Hamilton, The Back Doctor: Ten Minutes a Day to Lifetime Relief for Your Back, McGraw-Hill, 1980, $10.95 ISBN 0-07-025626-8.

Lettvin, Maggie, Maggie's Back Book: Healing the Hurt in Your Lower Back, Houghton, Mifflin, 1977, $10.95 ISBN 0-395-24898-1; $7.95 pap. ISBN 0-395-25147-8.

Stoddard, Alan, The Back, Relief from Pain: Patterns of Back Pain--How to Deal with and Avoid Them, Arco, 1979, $8.95 ISBN 0-668-04677-5; $4.95 pap. ISBN 0-668-04684-8.

BIRTH CONTROL AND FAMILY PLANNING

Balis, Andrea, What Are You Using? A Birth Control Guide for Teenagers, Dial, 1981, $2.50 pap. ISBN 0-385-27184-0.

Lieberman, E. James, Sex and Birth Control: A Guide for the Young, rev. ed., Harper, 1981, $11.95 ISBN 0-690-01837-1.

Shapiro, Howard I., The Birth Control Book, Avon, 1978, $3.95 pap. ISBN 0-380-40139-8.

Shivanandan, Mary, Natural Sex, Rawson, Wade, 1979, $11.95 ISBN 0-89256-075-4; $6.95 pap. ISBN 0-89256-100-9; Berkley Pub., 1981, $2.50 pap. ISBN 0-425-04593-5.

Tucker, Tarvez, Birth Control, Dell, 1981, $2.50 pap. ISBN 0-440-00566-3.

BODY SYSTEMS

Doss, Helen, Your Skin Holds You In, Messner, 1978, $6.97 ISBN 0671-32935-9, Gr. 3-4, Children's Catalog, 14th ed.

Facklam, Margery, The Brain, Harcourt, Brace, Jovanovich, 1982, $12.95 ISBN 015-211388-6, Gr. 6-9, SLJ 1/82.

Gross, Ruth Belov, Book About Your Skeleton, Hastings House, 1978, $7.95 ISBN 0-8038-0794-5, Gr. K-2, Children's Catalog, 14th ed.

Kalina, Sigmund, Your Blood and Its Cargo, Lothrop, Lee and Shepard, 1974, $6.48 ISBN 0-688-41566-0 Gr. 2-5. Describes the composition of blood, how it circulates and its function in sustaining life in the human body.

Nourse, Alan E., Hormones, Watts, 1979, $6.45 ISBN 0-531-02892-5 Gr. 6 + Children's Catalog, 14th ed.

Nourse, Alan E., Your Immune System, Watts, 1982, $7.90 ISBN 0-531-0044-62-9 BL 12/15/82 Gr. 4-6 "First Book."

Page, Jake and the Editors of U.S. News Books, Blood, The River of Life, (The Human Body Series, vol. 4) U.S. News Books, 1982, Scribner's 1982, $18.75. A science resource series for students; clear and well illustrated.

Silverstein, Alvin and Silverstein, V.B., Endocrine System: Hormones in the Living World, Prentice-Hall, 1971, $6.95 ISBN 0-13-277152-7, Gr. 3-7. Simple explanation of glands and hormones.

Ward, Brian, The Brain and Nervous System, Watts, 1981, $7.90 ISBN 0-531-04288-x.

Ward, Brian, Food and Digestion, Watts, 1982, $7.90 ISBN 0-531-004458-0, BL 1/1/83 Gr. 5-7.

+ Ward, Brian, The Lungs and Breathing, Watts, 1982, $7.90 ISBN 0-531-04358-4, Gr. 4 +.

Ward, Brian, The Skeleton and Movement, Watts, 1981, $7.50 ISBN 0-531-04291-x, Gr. 4 +

Ward, Brian, Touch, Taste and Smell, Watts, 1982, $7.90 ISBN 0-531-04460-2, BL 1/1/83 Gr.5-7.

CANCER--BREAST

Althouse, Larry and Althouse, Valere, You Can Save Your Breast; One Woman's Experience with Radiation Therapy, Norton, 1982, $12.95 ISBN 0-393-01507-6. BL 6/1/82. Should give other patients helpful support. Also, a reliable overview of breast cancer and its treatments.

++ Kushner, Rose, Why Me? What Every Woman Should Know About Breast Cancer to Save Her Life, Saunders, 1981, $7.95 pap. (text) ISBN 0-7216-5556-4; $7.95 pap. Harper, 1981 ISBN 0-03-059654-8. A landmark work. Discusses myths, quackery, oral contraceptives, surgical procedures, psychological effects and male chauvinism. Is against mastectomy right after positive biopsy.

+ Zalon, Jean, I Am Whole Again: The Case for Breast Reconstruction, Random, 1978, $8.95 ISBN 0-394-42532-4. What to expect in a radical mastectomy, ways to seek help, family reactions, case histories, explicit photos.

CANCER--CAUSATION, PREVENTION

Beattie, Edward, Toward the Conquest of Cancer, Crown, 1980, $12.95 ISBN 0-517-54188-2. A hopeful, useful update, stressing prevention, especially of lung cancer, by the Director of Memorial Sloan-Kettering Cancer Center, KR 9/1/80, p. 1198.

Epstein, Samuel S., Politics of Cancer, Sierra Club, 1978, $12.50 ISBN 0-87156-193-x; Doubleday, 1979, $6.95 pap. ISBN 0-385-15167-5. An expert in environmental medicine reviews cancer research, carcinogens in consumer products and the environment, and lax regulation, highlighting public and private responsibilities in prevention.

Germann, Donald R., Anti-Cancer Diet, Wideview Books, 1980 (Dist. by Harper), $4.95 pap. ISBN 0-87223-545-9. General guidance, meal plans and recipes. Includes food additives, fiber, harmful and beneficial foods.

Winter, Ruth, Cancer-Causing Agents: A Preventive Guide, Crown, 1979, $10.95 ISBN 0-517-53600-5; $6.95 pap. ISBN 0-517-53601-3. An alphabetical listing of some naturally occurring, but mostly man-made products. KR 1979, p. 994.

CANCER--GENERAL

++ American Cancer Society, Cancer Facts and Figures, 1982, The Society, 1981. Available from local offices of the American Cancer Society. One copy free. Basic statistics on incidence, survival, mortality, prevention, guidelines for checkups, research and the role of the Soceity, Sources of support and trends in treatment.

American Cancer Society, Cancer Sourcebook for Nurses, 3rd ed., The Society,

1975. Available from local offices of the American Cancer Society, $.60.

* ++ Baker, Lynn et al, You and Leukemia: A Day at a Time, rev. ed., Saunders, 1978, $7.95 pap. ISBN 0-7216-1495-7, Ages 8 +. In a warm conversational style, three physicians explain nature, causes, types, treatments, complications, emotions, and family responses, plus thoughts about dying. Honest but hopeful. Rees, p. 159.

+ Brody, Jane and Holleb, Arthur I., You Can Fight Cancer and Win, Times Books, 1977, 1978, $12.50 ISBN 0-8129-0659-4, McGraw, 1978, $4.95 pap. ISBN 0-07-007976-5. Handbook includes nature, causes, treatment and prevention, with some directory information by a physician with the American Cancer Society.

++ Cantor, Robert C., And a Time to Live: Toward Emotional Well-Being During the Crisis of Cancer, Harper, 1978, $10.95 ISBN 0-06-010623-9, 1980, $3.96, Pap. ISBN 0-06-090746-0. Author, a psychologist and former coordinator of cancer rehabilitation clinic, emphasizes understanding and coping.

Edelhart, Michael, Interferon: The New Hope for Cancer, Addison-Wesley, 1981, $11.95 ISBN 0-201-03943-5. Objective, knowledgeable and in perspective. KR 4/1/81, p. 472.

+ Fishman, Joan, Something's Got to Taste Good: The Cancer Patient's Cookbook, Andrews & McMeel, 1981, $12.95 ISBN 0-8362-2102-8, $6.95 pap. ISBN 0-8362-2103-6. One hundred seventy easy to prepare recipes emphasizing high-protein, high-calorie dishes for four persons; also snacks. LJ 7/81, p. 1420, BL 6/1/81, p. 1285.

Hartman, Joan B., Taking Time: Support for People with Cancer and the People Who Care About Them, GPO, 1980, S/N 017-042-00152-8.

Kelly, Orville and Becker, Randall, Make Today Count, Delacorte, 1974, $8.95 ISBN 0-440-05256-4, $4.95 pap. ISBN 0-440-05257-2. Biography, which also explains rationale and goals of the title support organization for terminally ill persons and their families.

McKhann, Charles F., Facts About Cancer, Prentice-Hall, 1981, $16.95 ISBN 0-13-299503-4, $8.95 pap. ISBN 0-13-299495-x. Highly recommended for patients, families, friends. Gives information necessary to cope intelligently. LJ 2/1/82 p. 167.

++ Morra, Marion and Potts, Eve, Choices: Realistic Alternatives in Cancer Treatment, Avon, 1980, $8.95 pap. ISBN 0-380-75291-3. Endorsed by the President of the American Cancer Society, this handbook, in question and answer form, is for patients, their families and friends. Lists major treatment centers.

Nierenberg, Judith, Hospital Experience: A Complete Guide to Understanding and Participating in Your Own Care, Bobbs-Merrill, 1978, $12.95 ISBN 0-672-5237208, $9.95 pap. ISBN 0-672-52373-6. Extensive information on overall treatment and specific procedures, including radiotherapy, chemotherapy and immunotherapy.

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++ Prescott, David M., Cancer; the Misguided Cell, 2nd ed., Scribners, 1982, $17.95 ISBN 0-694-17300-x, Sinauer Assoc., 1981, $12.95 pap. ISBN 0-87893-707-2. Highly recommended for a general audience as a scientific explanation of cancer.

++ Rosenbaum, Ernest and Rosenbaum, Isadora, Comprehensive Guide for Cancer Patients and Their Families, Bull Publishing, 1980, $19.95 ISBN 0-915950-34-0, $12.95 pap. ISBN 0-915950-32-4. Informative, positive, practical.

++ Rubin, Philip, ed., Clinical Oncology for Medical Students and Physicians; a Multidisciplinary Approach, 5th ed., American Cancer Society, 1978, $2.50. Available from local offices of the American Cancer Society.

++ Salsbury, Kathryn and Liebman, Eleanor, The Indispensable Cancer Handbook, Seaview (dist. by Harper), 1981, $14.95 ISBN 0-87223-712-5, $7.95 pap. ISBN 0-87223-729-x. Diagnosis, treatment, care and supporting services--the latest and best. KR 1981, p. 1280, BL 12/81.

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+ Simonton, Carl, et al, Getting Well Again: A Step-by-Step Self-Help Guide to Overcoming Cancer for Patients and Their Families, Tarcher, 1978, $8.95 ISBN 0-87477-070-x, Bantam, 1980, $2.95 pap. ISBN 0-553-20442-4. Supportive psychological approach helps overcome stress and supplements other treatments.

++ Sveinson, Kelly M., Learning to Live with Cancer, St. Martin's, 1978, $7.95 ISBN 0-312-47727-9. A psychological handbook for the patient which also includes readings for families and hospital personnel.

++ Time-Life Books Editors, Fighting Cancer, Time-Life, 1981, $12.95 ISBN 0-8094-3762-7. The usual Time-Life treatment with many illustrations and diagrams; seven-page encyclopedia of symptoms.

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* ++ Kuebler-Ross, Elisabeth and Warshaw, M., To Live Until We Say Goodbye, Prentice-Hall, 1978, $12.95 ISBN 0-13-922955-8. Case studies, with photographs, of four people of various ages who are dying of cancer. Hospices and other alternatives to hospital care are described. Rees, p. 236.

* ++ Shepard, Martin, Someone You Live is Dying: A Guide for Helping and Coping, Ace Books,1979, $1.95 pap. ISBN 0-441-77475-x (Pub. by Charter Books). A psychiatrist addresses everyday problems using interviews with patients, families and friends. Included is a section of short meditations, some secular in tone. Rees, p. 237.

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Danowski, T.S., Diabetes As a Way of Life, Coward, McCann, 1979, $8.95 ISBN 0-698-10947-3.

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West, Betty M., Diabetic Menus, Meals, and Recipes, G.K. Hall, 1979, $12.95 ISBN 0-8161-6689-7 (Large Print Book), Doubleday, 1978, $8.95 ISBN 0-385-04651-0.

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Taber's Cyclopedic Medical Dictionary, Illustrated, 14th ed., F.A. Davis, 1981, $17.50 text ISBN 0-8036-8306-5, $14.95 ISBN 0-8036-8307-3. Nioga Health Information Kit, CHIC I, p. 4.

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Norwood, Christopher, At Highest Risk: Environmental Hazards to Young and Unborn Children, McGraw-Hill, 1980, $10.95 ISBN 0-07-047453-2; Penguin, 1981, $4.95 ISBN 0-14-005830-3.

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* Esterman, Ben, The Eye Book: A Specialist's Guide to Your Eyes and Their Care, Great Ocean Pubs., 1977, $10.95 ISBN 0-915556-04-9, $5.95 pap. ISBN 0-915556-03-0. Aimed at the general reader and printed in large type. Covers eye anatomy and function, choosing an ophthalmologist, glaucoma, cataract, and advances in ophthalmology. Rees, p. 229.

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Kelley, Alberta, Lenses, Spectacles, Eyeglasses and Contacts: The Story of Vision Aid, Elsevier/Nelson, 1978, $6.95 ISBN 0-525-66617-6, Gr. 5-7, Children's Catalog, 14th ed.

Sherman, Spencer and Bruning, Nancy, A Consumer's Guide to Contact Lenses, Dial, 1982, $8.95 ISBN 0-385-27403-3. Highly readable, very informative. Author contends anyone can wear contacts. LJ 8/82, p. 1473.

Ward, Brian, The Eye and Sight, Watts, 1981, $7.90 ISBN 0-513-04290-1, Gr. 4 +.

FIRST AID

American National Red Cross, Advanced First Aid and Emergency Care, 2nd ed., Doubleday, 1980, $3.00 pap. ISBN 0-385-15737-1, Adams, p. 18.

American National Red Cross, Standard First Aid and Personal Safety, 2nd ed., Doubleday, 1973, $30.00 lib. ISBN 0-8274-3995-4. Adams, p. 18.

Gore, Harriet Margolis, What to Do When There's No One But You, Prentice-Hall, 1974, $4.95 ISBN 0-13-955-70-4, Gr. 2-5, Children's Catalog, 14th ed.

Henderson, John, Emergency Medical Guide, 4th ed., McGraw-Hill, 1978, $15.95 ISBN 0-07-028168-8; $4.95 ISBN 0-07-028169-6. Nioga Health Information Kit; CHIC I, p. 9.

Vandenburg, Mary Lou, Help! Emergencies That Could Happen to You, and How to Handle Them, Lerner, 1975, $3.95 lib. ISBN 0-8225-0020-5. Children's Catalog, 14th ed.

GENETICS

Harsanyi, Zsolt, Genetic Prophecy: Beyond the Double Helix, Rawson, 1981, $14.95 ISBN 0-89256-163-7.

Hendin, David, The Genetic Connection: How to Protect Your Family Against Hereditary Disease, Morrow, 1978, $8.95 ISBN 0-688-03265-6; NAL, 1979, $1.95 pap. ISBN 0-451-08558-2.

Milunsky, Aubrey, Know Your Genes, Houghton, 1977, $9.95 ISBN 0-395-25374-8; $1.94 pap. ISBN 0-380-40899-6.

HANDICAPPING CONDITIONS--AIDS

Sargent, Jean Vieth, An Easier Way: Handbook for the Elderly and Handicapped, Walker & Co., 1982, $12.95 ISBN 0-8138-0870-7. Hints and devices to assist the elderly and handicapped. Applicable to stroke patients.

HEADACHE

Ehrmantraut, Harry, Headaches: The Drugless Way to Lasting Relief, Autumn Pr. (Random), 1981, $6.95 pap. ISBN 0-914398-41-5.

Rose, Clifford F., Migraine: The Facts, Oxford Univ. Pr., 1980, $11.95 ISBN 0-19-261161-5.

Saper, Joel R., Freedom from Headaches: A Personal Guide for Understanding and Treating Headache, Face and Neck Pain, Simon & Schuster, 1980, $3.95 pap. ISBN 0-671-25404-9.

Speer, Frederic, Migraine, Nelson-Hall, 1977, $13.95 ISBN 0-88229-301-x; $7.95 pap. ISBN 0-88229-467-9.

HEALTH—CHILD

+ Ayrault, Evelyn W., Growing up Handicapped: A Guide to Helping the Exceptional Child, Continuum, 1977, $9.95 ISBN 0-8164-9319-7. Appendixes give 13 directories. Rees, p. 161.

* Baller, Warren R., Bed-wetting: Origins and Treatment, Pergamon, 1976, $21,00 ISBN 0-08-017859-6. Using a non-punative approach, Baller argues for conditioning treatments and family empathy. Somewhat clinical in tone. Rees, p. 176.

* Brewster, Dorothy P., You Can Breastfeed Your Baby...Even in Special Situations, Rodale, 1979, $15.95 ISBN 0-87856-256-2; $11.95 pap. ISBN 0-87857-276-7. Author is enthusiastic but sensible about obstacles. She is an active LaLeche League member. Rees, p. 154.

Brown, Jeffrey L., Complete Parents' Guide to Telephone Medicine, Perigree-Putnam, 1982, $6.95 pap. ISBN 0-399-50582-2. How, when and why to call your child's doctor. LJ 2/1/82, p. 266.

* ++ Diagram Group, Child's Body: A Parent's Manual, Paddington Pr., 1978, $6.95 ISBN 0-448-22187-x; $2.95 pap. Bantam 1979 ISBN 0-685-63671-2. Using ingenious camparative diagrams, authors demonstrate stage-by-stage changes. Rees, p. 148.

* Eisenson, Jon, Is Your Child's Speech Normal? Addison, 1976, $7.95 ISBN 0-201-01917-5; $3.95 pap. ISBN 0-201-01916-7. A psychologist and speech specialist discusses normal development and disorders. Thorough and reassuring. Rees, p. 172.

* ++ Finnie, Nancy, Handling the Young Cerebral Palsied Child at Home, rev. ed., Dutton, 1975, $9.95 ISBN 0-87690-174-7; $5.95 pap. ISBN 0-87690-175-5. A highly praised, frequently cited work. Rees., p. 160.

Kastein, Shulamith, Raising the Young Blind Child: A Guide for Parents and Educators, Human Sciences Pr., 1980, $16.95 ISBN 0-87705-422-3. Emphasis on parenting techniques; stresses uniqueness of the individual. Author is associated with N.Y. Association for the Blind. Science Books and Films, 3/81, p. 214.

* ++ Leach, Penelope, Your Baby and Child: From Birth to Age Five, Knopf, 1978, $16.95 ISBN 0-394-40755-5; $9.95 pap. ISBN 0-394-73509-9. Identifies patterns of normal development and minor ailments. Particularly good for quick reference is the encyclopedia/appendix. Rees, p. 153.

++ McDonald, Linda, Everything You Need to Know About Babies, Oaklawn Pr., 1978, $5.95 pap. ISBN 0-916198-04-9. Very comprehensive infant and child care book. Rees, p. 153.

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* + Mason, Robert L.K., Jr., et al, Emotionally Troubled Child: A Guide for Parents and Teachers in the Early Recognition of Mental and Nervous Disorders in Children, C.C. Thomas, 1976, $18.50 ISBN 0-398-03557-1. Covers child from pre-school through adolescence. Checklist of symptoms and directory information. Rees, p. 170.

* Massie, Robert and Massie, Suzanne, Journey, Knopf, 1975, $12.50 ISBN 0-394-49018-5. Personal narrative of patents of a hemophiliac. Rees. p. 175.

Orden, Paul and Lipsett, Suzanne, Silent Garden: Understanding the Hearing-Impaired Child, St. Martin's Pr., 1982, $12.95 ISBN 0-312-72440-3. Author, him-[illegible]lf profoundly deaf, is at California State University. He stresses total [illegible]munication at home and surveys the parents' options in schooling. KR 1/14/82, [illegible] 121; LJ 2/15/82, p. 463.

* + Paluszny, Maria J., Autism: A Practical Guide for Parents and Professionals, Syracuse University Pr., 1980, $9.95 pap. ISBN 0-8156-2225-2. Five speicalists discuss autism and its treatment using an interdisciplinary approach. Free of jargon. Rees, p. 159.

* ++ Pantell, Robert, et al, Taking Care of Your Child: A Parent's Guide to Medical Care, Addison, 1977, $10.95 ISBN 0-201-08122-9. Flow charts to aid decisions on whether to call the doctor are the unique feature. Rees, p. 149.

+ Pearlman, Laura, Raising the Handicapped Child, Prentice, 1981, $10.95 ISBN 0-13-752717-9. Review rates this highly recommended for a general audience. Aims to build the confidence of the parent-reader as a partner with the professional in the diagnosis and treatment. Science Books and Films 3/82, p. 208.

* + Pomeranz, Virginia E., Mothers' and Fathers' Medical Encyclopedia, Little-Brown, 1977, $17.50 ISBN 0-316-71320-1; NAL, 1978, $2.50 pap. ISBN 0-451-07779-2. Two thousand two hundred topics, alphabetically arranged. Rees, p. 149.

* Reid, Robert, My Children, My Children, Harcourt, 1977, $8.95 ISBN 0-15-16351-6. British science writer examines moral and physical dilemmas of spina bifida. Rees. p. 178.

Samuels, Mike, Well Child Book, Summit Bks., 1982, $22.50 ISBN 0-671-40063-0; $10.95 pap. ISBN 0-671-43893-x. Handbook of child care; a preventive medicine approach including proper nutrition. LJ 8/82.

* Schuett, Virginia, ed., Low Protein Cookery for Phenylketonuria, University of Wisconsin Pr., 1977, $19.50 ISBN 0-299-07320-3. A nutritionist and five mothers of PKU victims are authors. Disease is discussed also. Rees, p. 177.

Simon, Nissa, Don't Worry, You're Normal: A Teen-ager's Guide to Self-Health, Harper, 1982, $8.89 ISBN 0-690-04139-x; $4.79 pap. ISBN 0-690-04200-0. Includes grooming, development, diseases, emotions. Rather superficial but clear. KR 4/15/82, p. 498.

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Tucker, Jonathan, Ellie: A Child's Fight Against Leukemia, Holt, 1982, $14.95 ISBN 0-03-057662-8. The physical and emotional complexities of childhood leukemia in a composite case of a four-year-old. A helpful, realistically hopeful report. KR 5/1/82, p. 600.

* ++ Walker, Sydney, III, Help for the Hyperactive Child, Houghton, 1978, $8.95 ISBN 0-395-25422-0. An articulate, well-balanced analysis by a neuropsychiatrist. Criticizing the popular dietary theories as too sweeping, he urges a multidimensional approach. Rees, p. 167.

HEALTH--ELDERLY

* Butler, Robert N. and Lewis, Myrna, Sex After Sixty: A Guide for Men and Women For Their Later Years, Harper, 1976, $9.95 ISBN 0-06-010493-3; G.K. Hall, 1977, $9.95 large print ed. ISBN 0-8161-6507-6. Written by a famed psychiatrist and gerontologist. Tactful, sensitive and constructive. Rees, p. 218.

* + Comfort, Alex, A Good Age, Crown, 1976, $9.95 ISBN 0-517-52625-5; Simon & Schuster, 1978, $5.95 pap. ISBN 0-671-24233-4. A physician and gerontologist covers 80 topics: health and hygiene, various diseases, quackery, nursing homes, etc. Rees, p. 218.

++ Cooley, Donald G., ed. Better Homes and Gardens After-40 Health and Medical Guide, Meridith, 1980, $24.95 ISBN 0-696-00810-6. Excellent color graphics and concise discussions of all but the most unusual physical and emotional ills associated with aging. Tone is preventative, explanatory. BL 12/15/80, p. 547.

* ++ Davis, Richard H., ed., Aging: Prospects and Issues, 3rd rev. ed., U.S.C. Andrus Gerontol., 1981, $10.00 ISBN 0-88474-097-8. A multidisciplinary anthology, written by a dozen health and social science professionals. Rees, p. 219 lists 6th ed.

* Frankel, Lawrence and Richard, Betty, Be Alive As Long As You Live, 2nd ed., Harper, 1980, $12.95 ISBN 0-690-01892-4. Authors are both specialists in low-level exercise for seniors. Printed in large type with 275 black and white photographs, showing over 50 exercises in step-by-step fashion, some for bed-ridden and chairbound. BL 12/15/80, p. 547; Rees, 1st ed., p. 227.

Gordon, Michael, Old Enough to Feel Better: A Medical Guide for Seniors, Chilton, 1981, $14.95 ISBN 0-8019-6991-3. Attempts to dispel the myth that old age automatically means ill health. Promotes informed health consumerism. Describes specific illnesses and diagnostic procedures. BL 5/15/81, p. 1233; LJ 4/15/81, p. 893.

* + Gross, Ronald et al, eds., The New Old: Struggle for Decent Aging, Doubleday, 1978, $5.95 pap. ISBN 0-385 12763-4. The nine sections cover broad areas such as living conditions, retirement, activism, programs, directory, bibliography, Rees, p. 221.

+ Henig, Robin M., Myth of Senility: Misconceptions about the Brain and Aging, Doubleday, 1981, $11.95 ISBN 0-385-15394-5. A medical and scientific writer gives a balanced, highly informative text on physiological and psychological aspects of the brain's aging. Distinguishes real senile dementia (Alzheimer's Disease) from that of the popular imagination. LJ 10/1/81, p. 1937; BL 7/81, p. 1427.

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* ++ Luce, Gay G., Your Second Life: Vitality in Middle and Later Age, Delacorte, 1979, $10.95 ISBN 0-440-09864-5; Dell, $6.95 pap. ISBN 0-440-59852-4. An outgrowth of the Senior Actualization and Growth Exploration (SAGE) program, founded in 1974. Topics of interest to the elderly and a wellness program. Rees, p. 223.

* Rosenberg, Magda, Sixty-Plus and Fit Again: Exercises for Older Men and Women, Evans, 1977, $6.95 ISBN 0-87131-224-7; $3.95 pap. ISBN 0-87131-237-9; G.K. Hall, $6.95 pap. large type ISBN 0-8161-6736-2. A thorough handbook for initiating and developing physical activity after years of sedentary living. Few illustrations. Rees, p. 228.

* + Sanders-Brown Kentucky Research Center of Aging, Your Health After 60, Dutton, 1979, $9.95 ISBN 0-515-93068-x; $4.95 pap. ISBN 0-525-93082-5. An elementary, highly readable guide to common health care concerns, written by medical experts. Rees, p. 223.

* ++ Schwartz, Arthur N., Survival Handbook for Children of Aging Parents, Follett, 1977, $6.95 ISBN 0-695-80811-7. Author is Director of Adult Counseling at the Andrus Gerontology Center at the University of Southern California. Focuses on the need to promote self-esteem in the aged. Chapters on nursing homes and alternatives, and on death and dying are good. Rees, p. 224.

Silverstein, Alvin, et al, Aging, Watts, 1979, $7.45 lib ed. ISBN 0-531-02863-1 Y.A. Deals with the process of aging, scientific efforts to understand, and the role of the elderly in our society. Anecdotal in style, enjoyable and enlightening. Science Books and Films, 9/80, p. 6.

* Silverstone, Barbara and Hyman, Helen K., You and Your Aging Parent: The Modern Family's Guide to Emotional, Physical and Financial Problems, Pantheon, 1982, $16.00 ISBN 0-394-52169-2; $8.95 ISBN 0-394-74948-0. Authors are a social worker and a medical writer. Part I is analysis, Part II an action guide. Appendix has directories, checklists for evaluation of services. Rees, p. 224.

* ++ Solnick, Robert L., ed., Sexuality and Aging, rev. ed., U.S.C. Andrus Gerontol., 1978, $5.50 pap. ISBN 0-88474-023-4. Articles by 16 respected professionals. Sensitive and realistic. Rees, p. 224.

HEALTH—JUVENILE AND YOUNG ADULT

Allison, Linda, Blood and Guts: A Working Guide to Your Own Insides, Little, 1976, $8.95 ISBN 0-316-03442-8; $5.95 pap. ISBN 0-316-03443-6. Age 10 +. Stresses the wonder of the human body, a "walking miracle."

Brunn, Ruth Dowling, Human Body, Random, 1982, $7.99 lib. ISBN 0-394-94424-0; $6.95 pap. ISBN 0-394-84442-6. SLJ 1/83.

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Burstein, John, Slim Goodbody: The Inside Story, McGraw, 1977, $7.95 ISBN 0-07-009241-9. Gr. K-6. Well-illustrated book explaining the human body.

* Burstein, John, Slim Goodbody: What Can Go Wrong and How to Be Strong, McGraw, 1978, $6.95 ISBN 0-07-009242-7. Gr. K-6. Explains, with humorous and colorful illustrations, colds and flu, temperatures and thermometers, childhood diseases, allergies, headaches, etc. Recommended by Rees, p. 151.

* Gilbert, Sara, Feeling Good: A Book About You and Your Body, Four Winds Press, 1978, $7.95 ISBN 0-590-07510-1. Gr. 7+. Written for teenagers; covers growth and development, nutrition and exercise, overweight, acne, sexual impulses, pregnancy, VD, drug abuse, suicide. Well-balanced, candid. Rees, p. 151.

Marino, Barbara Pavis, Eric Needs Stitches, Addison Wesley, 1969, $6.95 ISBN 0-201-04401-3. Gr. K-3. Photodocumentary of a young boy's visit to an emergency room. Medical terms and procedures explained.

Nourse, Alan E., Fractures, Dislocations and Sprains, Watts, 1978, $6.90 ISBN 1-531-01494-0. Gr. 4+. Explains simply and clearly orthopedic problems and their treatment.

Richter, Elizabeth, Teenage Hospital Experience: You Can Handle It, Coward, 1982, $11.95 ISBN 0-698-20554-5. BL 12/1/82. Jr. and sr. high school.

Rockwell, Hurlow, My Doctor, Macmillan, 1973, $7.95 ISBN 0-02-777480-5, Preschool-Gr. 2. MLB: Recommended. Children's Catalog, 14th ed.

Wilson, Ron, How the Body Works, Larousse, 1978, $7.95 ISBN 0-88332-096-7 Gr. 4+. Children's Catalog, 14th ed.

HEARING

* + Freese, Arthur S., You and Your Hearing: How To Protect It, Preserve It, and Restore It, Scribner, 1980, $10.00 ISBN 0-684-16240-7. A medical writer explains ear structure and function, hearing problems and remedies, including experimental ones. Has a section on hearing problems of the elderly. Rees, p. 229.

* + Helleberg, Marilyn M., Your Hearing Loss: How to Break the Sound Barrier, Nelson-Hall, 1979, $15.95 ISBN 0-88229-341-9. A speech therapist has compiled, in question and answer format, a matter-of-fact examination of types of disability and remedies and coping methods, as well as directory information. BL 10/1/79; Rees, p. 338.

Hyman, Jane, Deafness, Watts, 1980, $6.90 ISBN 0-531-02940-9. Discusses types of hearing losses and their causes, the effects of deafness on the individual, methods of learning speech and communication.

Levine, Edna S., Lisa and Her Soundless World, Human Sciences Press, 1974, $7.95 ISBN 0-87705-104-6. Gr. 1-3. Children's Catalog, 14th ed.

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Litchfield, Ada B., A Button in Her Ear, Concept Books, 1976, $7.50 ISBN 0-8075-0987-6 Gr. 2-4. A young girl's hearing loss and her visit to an audiologist.

Rosenthal, Richard, Hearing Loss Handbook, St. Martin's, 1975, $8.95 ISBN 0-312-36540-3; Schocken, 1978, $4.95 pap. ISBN 0-8052-0587-x.

Silverstein, Alvin, Story of Your Ear, Coward, 1981, $6,99 ISBN 0-698-30704-6 Gr. 4 + Children's Catalog, 14th ed.

Ward, Brian, The Ear and Hearing, Watts, 1981, $7.90 ISBN 0-531-04289-8 Gr. 4 +.

HEART--JUVENILE

Limburg, Peter, Story of Your Heart, Coward, 1979, $6.59 ISBN 0-698-30705-4 Gr. 5 +. Children's Catalog, 14th ed.

Simon, Seymour, and Culfogienis, Angeline, About Your Heart, McGraw, 1974, $6.95 ISBN 0-07-057440-5 Preschool - Gr. 4. Well-illustrated; encourages listening to the heart, taking pulse during difficult activities. Clear and attractive.

Ward, Brian, The Heart and Blood, Watts, 1982, $7.90 ISBN 0-531-94357-6 Gr. 4 +.

HEART DISEASE

Blanding, Forrest H., Pulse Point Program, Random, 1982, $13.95 ISBN 0-394-52288-5. KR 8/1/82 p. 909.

Cohn, Keith, Coming Back: A Guide to Recovering from Heart Attack and Living Confidently with Coronary Disease, Addison-Wesley, 1979, $10.95 ISBN 0-201-04562-1. Explains diet, exercise and rehabilitation.

* DeBakey, Michael, The Living Heart: Two Famous Heart Specialists Tell How Your Cardiovascular System Works, Why it Fails and What Can Be Done About It. McKay, 1977, $14.95 ISBN 0-679-50575-x. Resembles a textbook, but all terminology is clearly explained for the layman. Rees: "The work is clearly excellent." Rees, p. 249.

+ Friedman, Meyer, and Rosenman, Ray, Type A Behavior and Your Heart, Knopf, 1974, $12.95 ISBN 0-394-48011-2; Fawcett Crest, 1981, $6.95 pap. ISBN 0-449-90059-2. Describes personality type prone to heart attack and behavior modification for prevention.

Gasner, Douglas, American Medical Association Book of Heart Care, Random House, 1982, $12.95 ISBN 0-394-50316-3. Good overall discussion; includes prevention.

* + Haft, Jacob I., Consultation with a Cardiologist: Coronary Heart Disease and Heart Attacks: Prevention, Nelson-Hall, 1979, $16.95 ISBN 0-88229-487-3. Authoritative; heart anatomy and functions, effects of hypertension, cholesterol, stress, weight, exercise, vitamins and drugs. Rees, p. 250.

The Heart (The Human Body, v.2) U.S. News, 1982, $15.95 (set).

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Hochman, Gloria, Heart Bypass: What Every Heart Patient Must Know, St. Martin's, Discusses the pros and cons of bypass surgery.

+ Kaplan, Norman M., Prevent Your Heart Attack, Scribners, 1983, $12.95 ISBN 0-684-17797-8. KR 11/1/82, p. 1224. Author is an M.D.

Kavanagh, Terence, Heart Attack? Counterattack! Van Nostrand Reinhold, 1976, $9.95 ISBN 0-442-29927-3. The role of exercise in rehabilitation.

+ Kezdi, Paul, You and Your Heart, Atheneum, 1977, $9.95 ISBN 0-689-10743-9; $4.95 pap. ISBN 0-689-70575-1. Rees, p. 150.

Nora, James Jackson, The Whole Heart Book, Holt Rinehart and Winston, 1980, $17.95 ISBN 0-03-048251-8: $9.95 pap. ISBN 0-03-048246-1. Kirkus Reviews compares this title favorably with the American Medical Association Book of Heart Care (see Gasner entry, this section): "More detailed help on prevention, along with guidance on tough choices."

Phibbs, Brendan, Human Heart: A Guide to Heart Disease, Mosby, 1979, $12.95 ISBN 0-8016-3916-6. Includes electrocardiograms, surgery, pregnancy, work, and catheterization. Well-illustrated. Rees, p. 251: "Excellent."

* Roth, Oscar, Heart Attack! A Question and Answer Book, Contemporary Books, 1980, $4.95 pap. ISBN 0-8092-7054-4. Recommended by Rees for breadth of coverage and for straightforward, reassuring style. Rees., p. 251.

Seymour, Roger James, The Heart Attack Survival Manual: A Guide to Using CPR in a Crisis, Prentice-Hall, 1981, $11.95 ISBN 0-13-385740-9; $5.95 pap. ISBN 0-13-385732-8. How-to book; easy to understand.

Shilingford, J.P., Coronary Heart Disease: The Facts, Oxford University Press, 1981, $11.95 ISBN 0-19-261262-x Simply written, non-medical language. Includes causes and prevention, first aid, pacemakers and rehabilitation.

Weiss, Elizabeth, Recovering from the Heart Attack Experience: Emotional Feelings, Medical Facts, Macmillan, 1980, $12.95 ISBN 0-02-625830-7. Emphasizes psychological aspects and family relationships including sex; also discusses physical rehabilitation.

HERPES

Langston, Deborah Pavan, Living with Herpes, Doubleday Dolphin, $7.95 ISBN 0-385-18410-7. FW: A thinking person's guide to dealing with herpes by an M.D.

HIGH BLOOD PRESSURE

* Fries, Edward D., High Blood Pressure Book: A Guide for Patients and Their Families, Dutton, 1979, $9.95 ISBN 0-525-12472-1. For the layman; discusses effect of salt, altered life style, drug therapy, diet, exercise, biofeedback. Rees, p. 253.

Rees, Michael K., Complete Family Guide to Living with High Blood Pressure, Prentice-Hall, 1980, $9.95 ISBN 0-13-160432-5. Simply written. Gives "rules;" what the family can do to help.

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HYPOGLYCEMIA

Airola, Paavo O., Hypoglycemia, a Better Approach, Health Plus, 1977, $5.95 ISBN 0-932090-01-x; Cancer Book House, n.d., $4.95 ISBN 0-686-29853-5.

Brennan, Richard O., Nutrigenetics: New Concepts for Relieving Hypoglycemia, Evans, 1976, $8.59 ISBN 0-87131-187-9.

Cleave, T.L., The Saccharine Disease, Keats, 1975, $7.95 ISBN 0-87983-116-2; $4.95 pap. ISBN 0-87983-117-0.

Dufty, William, Sugar Blues, Warner Books, 1976, $2.95 pap. ISBN 0-446-93786-x.

INFERTILITY

Barker, Graham, Your Search for Fertility: A Sympathetic Guide to Achieving Pregnancy for Childless Couples, Morrow, 1981, $9.95 ISBN 0-688-00184-x.

Decker, Albert, Why Can't We Have a Baby? Warner, 1979, $2.50 pap. ISBN 0-446-91007-4.

Fenton, Judith A., Fertility Handbook, Potter, 1980, $12.95 ISBN 0-517-5399-8; $5.95 pap. ISBN 0-517-54125-4.

Harrison, Mary, Infertility: A Couple's Guide to Its Causes and Treatments, Houghton, 1979, $7.95 ISBN 0-395-25375-6; $3.95 pap. ISBN 0-395-27699-3.

Kaufman, Sherwin A., You Can Have a Baby: New Hope for the Childless, Including Facts About Test Tube Births and Other New Techniques, Elsevier-Nelson, 1978, $8.95 ISBN 0-525-66620-6; Bantam, 1980, $5.95 pap. ISBN 0-553-13112-5.

Linde, Shirley M., Whole Health Catalogue: How to Stay Well Cheaper, 1st ed., Rawson, Wade, 1978, $12.95 ISBN 0-89256-012-6; $6.95 pap. ISBN 0-89256-035-5.

Menning, Barbara Eck, Infertility: A Guide for the Childless Couple, Prentice-Hall, 1977, $3.45 pap. ISBN 0-686-31414-x.

Philipp, Elliot, Overcoming Childlessness: Its Causes and What to Do About Them, Taplinger, 1975, $8.50 ISBN 0-385-15446-1.

LEGAL ASPECTS OF HEALTH

Annas, George J., Rights of Doctors, Nurses and Allied Health Professionals, Avon, 1981, $3.95 pap. ISBN 0-380-77859-9.

Annas, George J., Rights of Hospital Patients, Avon, 1975 (American Civil Liberties Union Series) $2.50 pap. ISBN 0-380-00286-8.

Ennis, Bruce J., Rights of Mental Patients, Avon, 1972 (American Civil Liberties Union Series) $2.50 pap. ISBN 0-380-01859-4.

Friedman, Paul, Rights of Mentally Retarded Persons, Avon, 1976 (American Civil Liberties Union Series) $1.50 pap. CHIC I, p. 12.

Hull, Kent, Rights of Physically Handicapped People, Avon, 1979 (American Civil Liberties Union Series) $2.25 pap. ISBN 0-380-47274-0.

LUPUS

Aladjem, Henrietta, Sun is My Enemy: One Woman's Victory Over a Mysterious and Dreaded Disease, Beacon Pr., 1977, $4.95 pap. ISBN 0-8070-2171-7.

Blau, Sheldon P., Lupus: The Body Against Itself, Doubleday and Co., 1977, $7.95 ISBN 0-385-14-562-x. Author is a physician.

Ropes, Marian Wilkins, Systemic Lupus Erythematosus, Harvard University Pr., 1976, $12.50 ISBN 0-674-86255-4.

MENTAL HEALTH--CRISIS CONTROL

Calhoun, Lawrence G., Dealing with Crisis, Prentice, 1976, $14.95 ISBN 0-13-197723-7; $4.95 pap. ISBN 0-13-197715-6.

Klagsbrun, Francine, Too Young to Die: Youth and Suicide, Houghton, 1976, $6.95 ISBN 0-395-24752-7; Pocket Books, 1981, $2.50 ISBN 0-671-42225-1 Gr. 7 and up. Taped interviews used to explore motives and methods of young suicides. Includes directory of suicide prevention agencies.

Sutherland, N.S., Breakdown, Stein and Day, 1977, $10.00 ISBN 0-8128-1941-1; NAL, 1977, $1.95 pap. ISBN 0-451-07912-4.

MENTAL HEALTH--GENERAL

Jacobs, Jerome, Interplay: A Psychiatrist Explains What He Does (and What He Does Not Do) and How and Why, Reader's Digest, 1979, $10.00 ISBN 0-07-032146-9.

Park, Clara Clairborne, You Are Not Alone: Understanding and Dealing with Mental Illness, Little, Brown, 1979, $15.00 ISBN 0-316-69073-2; $6.95 pap. ISBN 0-316-69075-9.

Rogers, Julie, Understanding People or How to Be Your Very Own Shrink, Nelson-Hall, 1979, $14.95 ISBN 0-88229-273-0; $7.95 pap. ISBN 0-88229-678-7.

MENTAL HEALTH--SCHIZOPHRENIA

Arieti, Salvano, Understanding and Helping the Schizophrenic: A Guide for Family and Friends, Basic, 1979, $11.95 ISBN 0-465-08855-4; Touchstone Bks. (Simon & Schuster), 1981, $5.95 pap. ISBN 0-671-41252-3.

Bernheim, Kayla, Schizophrenia: Symptoms, Causes and Treatments, Norton, 1979, $19.95 ISBN 0-393-01174-7; $6.95 pap. ISBN 0-393-19017-5.

O'Brien, Patrick, The Disordered Mind: What We Know About Schizophrenia, Prentice-Hall, 1978, $11.95 ISBN 0-13-216465-5; $5.95 pap. ISBN 0-13-216457-4.

MENTAL HEALTH--THERAPY

Benziger, Barbara, Speaking Out: Therapists and Patients, Walker, 1976, $15.00

ISBN 0-8027-0484-0; $5.95 pap. ISBN 0-8027-7146-7.

Binder, Virginia, Modern Therapies, Prentice-Hall, 1976, $12.95 ISBN 0-13-498995-7; $5.95 pap. ISBN 0-13-598995-7.

Gilbert, Sara, What Happens in Therapy? Lothrop, 1982, $8.63 ISBN 0-688-01458-5; $6.00 pap. ISBN 0-688-0145-3 Gr. 7-10, Ages 11-15, BL 11/1/82, CBRS 10/82.

Greenberg, Harvey R., Hanging In: What You Should Know About Psychotherapy, Four Winds, 1982, $12.95 ISBN 0-590-07483-0. Ages 12 +. KR 10/15/82: "The tone is right, the guidance sound, the information relevant." Author is a phsyician.

Herink, Richie, The Psychotherapy Handbook, Meridian, 1980, $9.95 pap. ISBN 0-452-00525-6.

Jencks, Beata, Your Body--Biofeedback at Its Best. Nelson-Hall, 1978, $17.95 ISBN 0-88229-351-6; $9.95 pap. ISBN 0-88229-508-x.

Kovel, Joel, A Complete Guide to Therapy: From Psychoanalysis to Behavior Modification, Pantheon Bks., 1977, $3.95 ISBN 0-394-73336-3.

Marks, Jane, Help: A Guide to Counseling and Therapy Without a Hassle, Messner, 1976, $7.79 ISBN 0-671-32811-5. Gr. 7 and up. Benefits of therapy, dealing with parents, handling pregnancy and suicide. Unique, easy to read. Rees, p. 170.

Rathus, Spencer A., Behavior Therapy, NAL, 1978, $2.50 pap. ISBN 0-451-09041-1.

MIDWIFERY

Brennan, Barbara and Heilman, Joan Rattner, Complete Book of Midwifery, Dutton, 1977, $4.95 pap. ISBN 0-525-03180-4.

MULTIPLE SCLEROSIS

Forsythe, Elizabeth, Living with Multiple Sclerosis, Faber, 1979, $11.95 ISBN 0-571-11293-5; Merrimack Bk Serv. 1979, $6.95 pap. ISBN 0-571-11294-3.

Ginther, John R., But You Look So Well, Nelson-Hall, 1978, $13.95 ISBN 0-88229-399-0.

Mathews, Bryan, Multiple Sclerosis: The Facts, Oxford, 1978, $11.95 ISBN 0-19 261139-9; $4.95 pap. ISBN 0-19-520275-9.

NURSING, HOME

Parker, Page, Nursing at Home: A Practical Guide to the Care of the Sick and the Invalid in the Home, Plus Self-Help Instructions for the Patient, Crown, 1979, $14.95 ISBN 0-517-52836-6. Rees, p. 100.

NURSING HOMES

Mongeau, Sam, ed., Directory of Nursing Homes: A State by State Listing of

Facilities and Services, Oryx Press, 1982, $75.00 ISBN 0-89774-025-4. More than 15,000 state-licensed long-term facilities including: level of care; number of beds; breakdown of staff members by category; ownership (nonprofit, proprietary, or public); special activities (religions, social, recreational); Medicaid, Medicare certification.

OSTEOPOROSIS

Wave, Marsha, Stand Tall! The Informed Woman's Guide to Preventing Osteoporosis, Triad, 1982, $12.95 ISBN 0-937404-12-2; $6.95 pap. ISBN 0-937404-14-4. A full authoritative discussion. PW 10/15/82, p. 56.

PAIN

Bogin, Meg, Path to Pain Control, Houghton, 1982, $12.95 ISBN 0-395-31287-6. VA.

+ Melzack, Ronald and Wall, Patrick, The Challenge of Pain, Basic, 1983, $20.75 ISBN 0-465-00906-9. The most sophisticated and comprehensive approach to the subject of pain, by two of the most distinguished pain researchers. KR 11/15/82, p. 1280.

++ Smoller, Bruce and Schulman, Brian, The Bethesda Pain Control Program, Doubleday, 1982, $15.95 ISBN 0-385-17252-4. Specialists in psychiatry and orthopedic surgery detail the causes and effects of pain and the process of learning to cope with it. Encouraging for sufferers and their families. LJ 7/82, p. 1338.

PHYSICAL FITNESS

+ Cooper, Kenneth, The Aerobics Program for Total Well-Being: Exercise, Diet, Emotional Balance, Evans (Dutton, dist.), 1982, $16.95 ISBN 0-87131-380-4. Author's personal philosophy. Includes nutritional guidelines, 7-day menus and newly revised point charts and equations for measuring the value of exercise. KR 10/1/82 p. 1130; LJ 11/15/82, p. 2183.

Kuntzleman, Charles T., Diet Free! Rodale, 1982, $14.95 ISBN 0-87857-389-5. Describes his "Activetics" used by YMCA's in their adult fitness programs. Obesity is caused by inactivity, not over-eating. Cure: Exercises four times per week. PW 1/15/82.

* Pipes, Thomas and Vodak, Paul, The Pipes Fitness Test and Prescription, Tarcher, 1978, $8.95 ISBN 0-87477-163-3; $4.95 pap. ISBN 0-87477-078-5. Tests for self-evaluation of cardiovascular health, body composition and fat percentage, muscular strength and endurance, flexibility. Rees, p. 130.

Zohman, Lenore R., The Cardiologists' Guide to Fitness and Health Through Exercise, Simon & Schuster, 1979, $10.95 ISBN 0-671-22628-2. Rees, p. 131.

RAPE

* ++ Bode, Janet, Fighting Back: How to Cope with the Medical, Emotional, Legal Consequences of Rape, Macmillan, 1978, $12.95 ISBN 0-02-512051-6. Written by

a rape victim; a keen and articulate examination that considers every aspect. Rees, p. 188.

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RECENT DEVELOPMENTS IN MEDICINE

Wasco, James, Not for Doctors Only: The Latest Updates, Discoveries, Breakthroughs, High-Tech, Bionics, Perspectives in Medical News, Addison-Wesley, 1980, $12.95 ISBN 0-201-08297-7; $7.95 pap. ISBN 0-201-08298-5. Adams, p. 9.

SEX EDUCATION

Cole, Joanna, and Edmondson, Madeleine, Twins: The Story of Multiple Births, Morrow, 1972, $6.00 ISBN 0-688-31981-5. Gr. 3-7. An informative and well-written overview, discussing scientific and historical views, research and attitudes.

Gruenberg, Sidonie M., Wonderful Story of How You Were Born, Doubleday, 1970, $6.95 ISBN 0-385-03674-4 Preschool - 4. A very personalized introduction to conception, development, birth, and sexual development. Generalized but accurate.

Johnson, Eric W., Love and Sex in Plain Language, Harper and Row, 1977, $8.95 ISBN 0-397-01231-4. Simple and straightforward discussion of sex for the young teenager. Covers maturation and reproductive processes, birth control.

Johnson, Eric W., VD: Venereal Disease and What You Should Do About It, Harper and Row, 1978, $7.95 ISBN 0-397-31811-1 Gr. 5-12. A clear, concise account written in a non-moralizing tone.

Nourse, Alan E., Menstruation: Just Plain Talk, Watts, 1980, $7.90 ISBN 0-531-04164-6 Gr. 5 +. Children's Catalog, 14th ed.

* Tensen, Gordon, Youth and Sex: Pleasure and Responsibility, 2d ed., Nelson-Hall, 1979, $13.95 ISBN 0-911012-99-0; $7.95 pap. ISBN 0-88229-499-7. Frank discussion of major topics of concern. Highly recommended. Rees, p. 173.

SEXUALITY

Barlow, David, Sexually Transmitted Diseases: The Facts, Oxford Univ. Pr., 1979, $12.95 ISBN 0-19-261157-7.

Corsaro, Maria, STD: A Commonsense Guide, St. Martin's, 1980, $9.95 ISBN 0-312-69644-2. Covers sexually transmitted diseases.

Edwards, Gabrielle I., Coping with Venereal Disease, R. Rosen Pr., 1980, $7.79 lib. ISBN 0-8239-0512-8.

* Kline-Graber, Georgia, and Graber, Benjamin, Woman's Orgasm: A Guide to Sexual Satisfaction, Popular Lib., 1976, $2.50 pap. ISBN 0-445-08537-1. Two sex therapists (an R.N. and an M.D.) discuss physiology and past and current theories followed by detailed programs. Rees, p. 188.

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Rowan, Robert L., Gay Health Guide, Little-Brown, 1978, $9.95 ISBN 0-316-31356-4.

Secondi, John J., For People Who Make Love: A Doctor's Guide to Sexual Health, Taplinger, 1975, $7.95 ISBN 0-8008-2965-4.

SKIN CARE AND HAIR

Feinberg, Herbert S., All About Hair, Wallingford Pr., 1978, $10.00 ISBN 0-930988-01-9.

Flandermeyer, Kenneth L., Clear Skin: A Step-by-Step Program to Stop Pimples, Little-Brown, 1979, $9.95 ISBN 0-316-28545-5; $5.95 pap. ISBN 0-316-2546-3.

Goldstein, Norman, The Skin You Live In: How to Recognize and Prevent Skin Problems and Keep Your Skin Youthful and Attractive, Addison and Wesley, 1979, $5.95 pap. ISBN 0-89104-249-0.

Zizmor, Jonathan, Doctor Zizmor's Guide to Clearer Skin, Lippincott, 1980, $7.95 ISBN 0-397-31877-4; $7.95 lib. ISBN 0-397-31876-6.

SLEEP

* ++ Trubo, Richard, How to Get a Good Night's Sleep, Little-Brown, 1978, $7.95 ISBN 0-316-85349-6. The author in association with the editors of Modern Medicine has compiled current information on sleep disorders and remedies. Rees, p. 138.

SMOKING

Madison, Arnold, Smoking and You, Messner, 1975, $6.95 ISBN 0-671-32725-9 Juv., Y.A.

Sonnett, Sherry, Smoking, Watts, 1977, $6.90 ISBN 0-531-01299-9 Juv., Y.A. Gr. 4 +, Children's Catalog, 14th ed.

SOURCES OF CONSUMER HEALTH INFORMATION

Rees, Alan M. and Young, Blanche A., Consumer Health Information Source Book, Bowker, 1981, $32.50 ISBN 0-8352-1336-6. Source of much of the information in annotations in this list.

Rees, Alan M., ed., Developing Consumer Health Information Services, Bowker, 1982, $32.50 ISBN 0-8352-1473-7.

STRESS

* ++ Goldberg, Philip, Executive Health; How to Recognize Health Danger Signals and Manage Stress Successfully, McGraw-Hill, 1978, $9.95 ISBN 0-07-023647-x; $4.59 ISBN 0-07-023638-0. An encyclopedic handbook by an advocate of holistic living. Rees, p. 134.

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++ Shaffer, Martin, Life After Stress, Plenum, 1982, $14.95 ISBN 0-306-40869-4. Outlines Selye's findings on the General Adaptation Syndromes; describes stress-prone personalities; gives a 10-point program to increase resiliency at work and at home. "The one source worth recommending." KR 1/82, p. 333.

STROKE AND HEMIPLEGIA

* Dahlberg, Charles Clay, and Jaffe, Joseph, Stroke: A Doctor's Personal Story of His Recovery, Norton, 1977, $8.95 ISBN 0-393-08720-4. Describes efforts to overcome aphasia and muscle impairment; advice to families. Rees, p. 262.

Frees, Arthur I., Stroke: The New Help and the New Life, Random, 1980, $10.95, ISBN 0-394-50179-9. Easy-to-read overview.

Jan, Peggy E., Help Yourselves: A Handbook for Hemiplegics and Their Families, 3d ed., Ian Henry Publications, 1979, $11.00 ISBN 0-86025-835-1. Applicable to stroke victims. (Sponsored by British Council for Rehabilitation of the Disabled.)

* Self-Care for the Hemiplegic, (Rehabilitation Publication No. 704) Sister Kenny Institute, 1977, $2.10. Helps stroke victims manage everyday activities; includes eating and personal hygiene; step-by-step photographs. Rees, p. 260.

Stryker, Stephanie, Speech After Stroke: A Manual for the Speech Pathologist and the Family Member, Thomas, 1978, $22.75 ISBN 0-398-04122-9. A guide to assisting the stroke victim in recovery of speech.

SUDDEN INFANT DEATH SYNDROME

Bergman, Abraham B., Why Did My Baby Die? The Phenomenon of Sudden Infant Death Syndrome and How to Cope with It, Okpaku Communications, 1975, $9.95 ISBN 0-89388-146-5. Rees, p. 178.

SURGERY

* ++ Crile, George, Surgery: Your Choices, Your Alternatives, G.K. Hall, 1980 (large print ed.) $13.95 lib. ISBN 0-8161-6764-8. A rather polemical book aimed at making patients aware of the legitimate differences of opinion among the best qualified surgeons to the end that they be intelligent participants. Rees, p. 110; RP, VA.

* + Denney, Myron K., Second Opinion, Grosset and Dunlap, 1979, $8.95 ISBN 0-448-16555-4. A consumer's guide. Information on 31 surgical procedures. Rees, p. 110.

Editors of Prevention, Prevention Guide to Surgery and its Alternatives, Rodale, 1980, $16.95 ISBN 0-87857-304-6. Cited by KR in review of Schneider's When to Say No to Surgery. KR 9/1/82, p. 1670; KR 7/1/82, p. 786.

* ++ Melluzo, Paul and Nealon, Eleanor, Living with Surgery: Before and After, rev. ed., Saunders, 1980, $7.95 pap. ISBN 0-7216-6261-7. A warm, sensitive and supportive discussion of the psychological impact of major surgery. Illustrated by case histories. Rees, p. 110.

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Nierenberg, Judith, *The Hospital Experience: A Complete Guide to Understanding and Participating in Your Own Care*, Bobbs-Merrill, 1978, $12.95 ISBN 0-672-52372-8; $9.95 pap. ISBN 0-672-52373-6. Rees, p. 271; *RP*; *VA*.

SURGERY--COSMETIC

Dicker, Ralph, *Consultation with a Plastic Surgeon*, Nelson-Hall, 1975, $16.95 ISBN 0-88229-201-3.

VITAMINS

Nourse, Alan E., *Vitamins*, Watts, 1977, $6.45 ISBN 0-531-00096-6. Gr. 5+. *Children's Catalog*, 14th ed.

WELLNESS--ALTERNATIVE THERAPY

* + Kaslof, Leslie, ed. *Wholistic Dimensions in Healing: A Resource Guide*, Doubleday, 1978, $12.95 ISBN 0-385-12628-x. Sections on over 50 types of alternative treatments. Introductory articles by 62 authorities precede directory information, publications, products and researchers. Rees, p. 118; *CHIC II*, *OCPL*.

Pizer, Hank, *Guide to the New Medicine: What Works, What Doesn't*, Morrow, 1982, $10.95 ISBN 0-688-01314-7. A basically sensible, overly sketchy survey of alternative therapies such as chiropractic, homeopathy, acupuncture, biofeedback, etc. Caveat emptor, especially "drug therapies" such as vitamins and herbs. *KR* 9/15/82, p. 1093; *LJ* 11/1-82, p. 2104.

Sobel, David, ed., *Ways of Health: Holistic Approaches to Ancient and Contemporary Medicine*, Harcourt, 1979, $14.95 ISBN 0-15-195308-2; $7.95 pap. ISBN 0-15-694992-x. Rees, p. 121.

+ Weiner, Michael, *Weiner's Herbal: The Guide to Herb Medicine*, Stein and Day, 1979, $18.95 ISBN 0-8128-2586-1; $9.95 pap. ISBN 0-8128-6023-3. Herbs are listed alphabetically by common name with cross index to botanical names. Therapeutic index. Information on the active chemicals. *CHIC II*.

WELLNESS--GENERAL

Ardell, Donald B., *Fourteen Days to a Wellness Lifestyle*, Whatever Pub., 1981, $6.95 pap. ISBN 0-931432-11-1. Supplements his *High Level Wellness*. *LJ* 1/15/82.

++ Brody, Jane, *Jane Brody's The New York Times Guide to Personal Health*, Times Books, 1982, $19.95 ISBN 0-8129-1014-1; Bookman, $8.95. Information from her column, edited, revised, grouped in 15 broad general categories on current topics. References. *BL* 9/1/82, p. 3; *KR* 7/15/82, p. 830.

WELLNESS--HEALTH ACTIVATION

* Ardell, Donald B., *High Level Wellness: An Alternative to Doctors, Drugs, and Disease*, Rodale, 1977, $8.95 pap. ISBN 0-87857-194-9; Bantam, 1979, $2.75 pap. ISBN 0-553-12165-0. Enthusiastic. Describes the wellness concept as promoted

by several health centers around the country. Rees, p. 111.

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Bricklin, Mark, Rodale's Encyclopedia of Natural Home Remedies, Rodale, 1982, $19.95 ISBN 0-87857-396-8. The Executive Editor of Prevention has arranged testimonial letters with additional materials, e.g. essays on folk medicine. Tone is cautious, excluding dangerous remedies. LJ 9/1/82, p. 1646.

* ++ Farquhar, John W., The American Way of Life Need Not Be Hazardous to Your Health, Norton, 1979, $12.95 ISBN 0-393-06443-3; $5.95 pap. ISBN 0-393-00963-7. Director of the Stanford Heart Disease Prevention Program explains risk factors and offers practical behavioral techniques (e.g. self-contracts) toward a healthier lifestyle, starting with stress management. Rees, p. 112.

++ Landers, Ann, Ann Landers Encyclopedia A to Z, Ballantine, 1979, $7.95 ISBN 0-345-28892-0. Four hundred essays on a variety of topics by an assembly of distinguished professionals. At least 65% of the material is medical.

* ++ Neumann, Hans, Foreign Travel Immunization Guide, 11th ed., Medical Economics, 1982, $6.50 pap. ISBN 0-87489-262-7. Requirements and recommendations for 175 countries. Data are from World Health Organization and Centers for Disease Control as well as author's personal experience. Rees, p. 100.

* + Rosenfeld, Isadore, The Complete Medical Exam: What Your Doctor Knows is Critical, What You Know is Crucial, Simon & Schuster, 1978, $11.95 ISBN 0-671-22844-7; Avon, 1979, $6.95 pap. ISBN 0-380-46391-1. Step-by-step account of an actual exam. What your physician does and asks and why. Rees, p. 100; VA.

+ Rumsey, Timothy, The Health Solution; A Complete and Practical Guide to Medical Self-Care, Smith Publications, (Rutledge Pr.), $12.95 ISBN 0-8317-4450-2. The book of choice for those who want to make substantial lifestyle changes. KR 1981, p. 1147.

WELLNESS--MEDICAL CONSUMERISM

* Belsky, Marvin and Gross, Leonard, How to Choose and Use Your Doctor, Arbor House, 1979, $4.95 pap. ISBN 0-87795-242-6. Prescription for a new kind of patient: assertive, questioning, capable of making vital decisions. Stresses psychological factors. Rees, p. 102; OCPL; Std. Cat.

* Cornacchia, Harold J., Consumer Health: A Guide to Intelligent Decisions, 2nd ed., Mosby, 1980, $13.95 pap. ISBN 0-8016-1037-0. In a balanced and critical text a professor of health education describes the intelligent consumer, and sources of health information and consumer protection, and covers topics such as health frauds. Rees, p. 102; RP.

Hosford, Bowen, Making Your Medical Decisions: Your Rights and Harsh Choices Today, Ungar, 1982, $12.95 ISBN 0-8044-5502-3. Author, an attorney and staff member at the National Institutes of Health, gives valuable information on a variety of issues resulting from recent medical advances as well as legislation and court rulings. Ethical and religious factors are often involved. LJ 7/82, p. 1337; PW 10/23/81.

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+ Kra, Siegfried, Examine Your Doctor, Ticknor and Fields, 1982, $12.95 ISBN 0-89919-104-5. An Associate Professor of medicine at Yale believes unrealistic expectations and lack of communication often result in malpractice. For each disease: symptoms, diagnostic procedures, treatment options and possible risk. LJ 8/82, p. 1472.

+ Laws, Priscilla and The Public Citizen Health Research Group, The X-Ray Information Book: A Consumer's Guide to Avoiding Unnecessary Medical and Dental X-Rays, Farrar, Straus and Giroux, 1983, $14.50 ISBN 0-374-29342-2; $7.25 pap. ISBN 0-374-51730-4. An exhaustive, serious sourcebook on diagnostic x-rays. Lists reasons for, risks and diagnostic alternatives, and preventive measures. KR 11/15-82, p. 1279.

+ Napoli, Health Facts: A Critical Evaluation of the Major Problems, Treatments, and Alternatives Facing Medical Consumers, Overlook (Viking, Dist.), 1982, $16.95 ISBN 0-87951-132-x. This book is derived from the newsletter of the same name, published by a public interest organization. LJ 7/82, p. 1337.

WOMEN'S HEALTH--ABORTION

* Denes, Magda, In Necessity and Sorrow: Life and Death in an Abortion Hospital, Basic, 1766, $13.50 ISBN 0-465-13216-8; Penguin, 1977, $2.95 pap. ISBN 0-14-004679-8. Objective, yet stirring examination of abortion through the eyes of patients, relatives, physicians, and staff. Rees, p. 189.

* Willkie, Jack and Willkie, Barbara, Handbook on Abortion, Hayes, 1979, $5.00 ISBN 0-910728-14-3; Hayes, 1979, $1.95 pap. ISBN 0-910728-12-7. The "bible" of the pro-life movement. Contains vivid color photographs. A most controversial book. Rees, p. 189.

WOMEN'S HEALTH--GENERAL

* ++ Boston Women's Health Book Collective, Our Bodies, Ourselves, Random, 1978, $14.95 ISBN -671-22145-0; Simon & Schuster, $7.59 pap. ISBN 0-671-22146-9. Feminist readings covering a broad range of subjects. Essential, landmark. Rees, p. 183.

++ Cooper, Patricia J., ed., Better Homes and Gardens Woman's Health and Medical Guide, Meredith, 1981, $27.95 ISBN 0-696-00275-2. Deals not only with obstetrics and gynecology, but other aspects of women's health also. Each chapter by a leading expert; medically accurate, up-to-date. LJ 5/15/81.

* ++ Diagram Group, Woman's Body: An Owner's Manual, Paddington, 1977, $6.95 pap. ISBN 0-448-22180-2; Bantam, 1978, $2.95 pap. ISBN 0-553-12937-6. Text is terse, illustrations of highest quality, index comprehensive. Rees, p. 184.

++ Madaras, Lynda, Woman Care: A Gynecological Guide for Your Body, Avon, 1981, $9.95 pap. ISBN 0-380-77123-3. A solid, detailed reference. Essentially a feminist-oriented text translated for lay readers. Comprehensive. Separate sections for operations, tests, drugs. KR 3/1/81, p. 336; LJ 5/15/81, p. 1089.

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* + Stewart, Felicia, et al, My Body, My Health: The Concerned Woman's Guide to Gynecology, Wiley, 1979, $17.95 ISBN 0-471-04517-9; Bantam, 1981, $9.95 pap. ISBN 0-553-01299-1. Authors are from health education and family planning agencies. Well-illustrated, clear, easy to understand. This title on several lists. Rees, p. 186.

WOMAN'S HEALTH--MENSTRUATION

* Voelckers, Ellen, Girls' Guide to Menstruation, Rosen, 1975, $5.95 lib. ISBN 0-8239-0313-3 Y.A. (ages 12-18). Introductory work. Responds well to the uneasiness and embarrassment that many girls feel. Rees, p. 187.

WOMEN'S HEALTH--MISCELLANEOUS PROBLEMS

* Cope, Oliver, The Breast: Its Problems--Benign and Malignant--How to Deal with Them, Houghton, 1978, $8.95 ISBN 0-395-25709-3; $3.95 pap. ISBN 0-359-27212-2. A surgeon gives the facts on alternatives to mastectomy. Choice 4/78, p. 166. Rees, p. 205.

Kilmartin, Angela, Cystitis, the Complete Self-Help Guide, Warner Bks., 1980, $9.95 ISBN 0-446-51203-6; $5.95 pap. ISBN 0-446-97720-9. An alternative to medical treatment, which this sufferer considers unsatisfactory. This is Kilmartin's first-aid and prevention program. KR 4/1/80, p. 489.

++ Morgan, Susan, Coping with a Hysterectomy: Your Own Choice, Your Own Solution, Dial, 1982, $13.95 ISBN 0-385-27215-4. A medical sociologist describes the major indications for the operation, and the alternatives. Accurate, detailed. LJ 3/1/82, p. 555.

* Rose, Louisa, ed., Menopause Book, Hawthorn/Dutton, 1980, $5.95 pap. ISBN 0-8015-4995-7. Seven professional contributors address physical and psychological problems. Rees, p. 203.

WOMEN'S HEALTH--PREGNANCY AND CHILDBIRTH

++ Baldwin, Rahima, Special Delivery: The Complete Guide to Informed Birth, Les Femmes, 1978, $9.95 pap. ISBN 0-89087-934-6. Not just for home birth, this accurate, well-written, well-illustrated discussion covers pregnancy, labor, delivery and post-partum period. LJ 5/15/79, p. 1151.

+ Bean, Constance A., Methods of Childbirth, rev. ed., Doubleday/Dolphin, 1982, $7.95 pap. ISBN 0-385-17656-2. Valuable. Includes new childbirth and preparation methods (Leboyer and Bradley). BL 6/1/82.

* + Berezin, Nancy, Gentle Birth Book: A Practical Guide to Leboyer Family-Centered Delivery, Simon & Schuster, 1980, $12.95 ISBN 0-671-24299-7. A well-written American version of Leboyer's Birth Without Violence. Rees, p. 195.

Bing, Elisabeth, Making Love During Pregnancy, Bantam, 1977, $6.95 pap. ISBN 0-553-01271-1. OCPL.

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* Bing, Elisabeth, Six Practical Lessons for an Easier Childbirth, rev. ed., Bantam, 1981, $2.95 pap. ISBN 0-553=22003-9. Thorough and reliable instructions from the teacher who pioneered Lamaze birth in this country. Rees, p. 195

Borg, Susan, When Pregnancy Fails, Beacon Pr., 1981, $12.95 tr. ISBN 0-8070-3226-3; $6.95 pap. ISBN 0-8070-3227-1.

Bradley, Robert, Husband-Coached Childbirth, 3rd ed., Harper, 1981, $9.95 ISBN 0-06-014850-0. OCPL.

* ++ Brewer, Gail, ed., Pregnancy After Thirty Workbook: A Program for Safe Childbearing No Matter What Your Age, Rodale, 1978, $10.95 pap. ISBN 0-87857-215-5. Detailed guide by nine contributors. Rees, p. 190.

Cassill, Kay, Twins: Nature's Amazing Mystery, Atheneum, 1982, $14.95 ISBN 0-689011239-4. Good for general information on twins in legend and history along with newer research. Good bibliography. KR 5/1/82, p. 585.

Dick-Read, Grantley, Childbirth Without Fear, 4th ed., Harper, 1978, $4.95 pap. ISBN 0-06-090599-9; $2.95 pap. ISBN 0-06-080490-4. OCPL.

* + Donovan, Bonnie, Cesarean Birth Experience, Beacon, 1977, $5.95 pap. ISBN 0-8070-2749-9. Author, who underwent two cesareans, gives a practical, reassuring guide for parents and professionals. Rees, p. 196.

Ewy, Donna, and Ewy, Roger, Preparation for Childbirth, 3rd ed., Pruett, 1982 $6.95 pap. ISBN 0-87108-602-6. (2nd ed., c.1976, is on OCPL list.)

* ++ Feldman, Silvia, Choices in Childbirth, Grosset, 1979, $8.95 pap. ISBN 0-448-14525-1; Bantam, 1980, $2.95 pap. ISBN 0-553-13325-x. A psychotherapist and family counselor impartially reviews various methods of childbirth, enabling the couple to make their own choice. Rees, p. 196.

Friedman, Rochelle and Gradstein, Bonnie, Surviving Pregnancy Loss, Little-Brown, 1982, $12.95 ISBN 0-316-293490; $7.95 pap. ISBN 0-316-293482. Psychiatrist Friedman and infertility counselor Gradstein legitimize the grieving process. Medically sound and knowingly sympathetic. KR 6/1/82, p. 658.

* + Hartman, Rhonda Evans, Exercises for True Natural Childbirth, Harper, 1975, $10.95 ISBN 0-06-011766-4. Intimate and informative. Rees, p. 191.

Hotchner, Tracy, Pregnancy and Childbirth: The Complete Guide for a New Life, Avon, 1979, $6.95 pap. ISBN 0-380-43083-5. Impartial survey. Excludes abortion. LJ 4/1/79, p. 841.

* ++ Jaffe, Sandra and Viertel, Jack, Becoming Parents: Preparing for the Emotional Changes of First-Time Parenthood, Atheneum, 1979, $11.95 ISBN 0-689-11001-4. Composite pictures of six families during the first year of the first child. Rees, p. 202.

Lamaze, Fernand, Painless Childbirth, Pocket Bks. (Simon & Schuster), $2.95 pap. ISBN 0-671-43906-5. OCPL.

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* Reprinted from Consumer Health Information Source Book with permission of the R.R. Bowker Company. Copyright c 1981 by Xerox Corporation.

++ Nance, Sherri, et al, Premature Babies: A Handbook for Parents, Arbor House, 1982, $14.95 ISBN 0-87795-396-1. Based on personal experience of parents of premature babies. Also gives directory information. LJ 6/1/82. p. 1105.

+ Nilsson, Lennart, Child is Born, rev. ed., Delacorte, 1977, $11.95 ISBN 0-440-01266-x. Nilsson's exquisite photos of the developing child from conception to birth. On many lists.

++ Noble, Elizabeth, Having Twins: A Parent's Guide to Pregnancy, Birth and Early Childhood, Houghton, 1980, $14.95 ISBN 0-395-29140-2; $7.95 pap. ISBN 0-395-29128-3. Very highly recommended. LJ 11/15/80, p. 2424.

* Oettinger, Katherine, and Mooney, Elizabeth, Not My Daughter: Facing Up to Adolescent Pregnancy, Prentice-Hall, 1981, $4.95 pap. ISBN 0-13-623843-2. Comprehensive, up-to-date guide to resources available, choices to be made. May offend anti-abortionists. Rees, p. 192.

Prudden, Suzy, Suzy Prudden's Pregnancy and Back-to-Shape Exercise Program: With Starter Exercises for Your Infant, Workman, 1980, $12.95 ISBN 0-89480-130-9; $6.95 pap. ISBN 0-89480-129-5.

* ++ Smith, David W., Mothering Your Unborn Baby, Saunders, 1979, $6.95 pap. ISBN 0-7216-8416-5. Author is a pediatrician and expert on human malformation. Rees, p. 194.

+ Stangel, John J., Fertility and Conception: An Essential Guide for Childless Couples, NAL, 1980, $4.95 pap. ISBN 0-452-25232-6. OCPL.

+ Wolfe, Maxine Gold, Practical Pregnancy: All That's Different in Life Because You're Pregnant, Warner Bks., 1980, $12.50 ISBN 0-446-51204-4; $5.95 pap. ISBN 0-446-97032-8. Two journalists and mothers offer a responsible, unromanticized practical book. OCPL; BL 5/15/80, p. 1333.

PERIODICALS

* Current Health, Curriculum Innovations, Box 310, Highwood IL 60040. Monthly, September-May, $3.95/yr. An excellent magazine designed for a high school audience. Information is presented in a tutorial manner, with good illustrations and cartoons. Useful as a supplement to school health education. Includes quizzes, answers to questions, information on health careers. Recommended for teenagers. Rees, p. 74.

* Family Health, Portland Pl., Boulder, CO 80302, 10 issues/yr., $12/yr. The most popular of all the consumer health magazines, with the largest circulation. The writing is slick, treatment of most topics is superficial, and little guidance is given on sources of further information. Rees, p. 74.

* FDA Consumer, Superintendent of Documents, Government Printing Office, Washington, DC 20402, 10 issues/yr., $12/yr. Official publication of the Food and Drug Administration with high standards of accuracy and clarity. Recommended. Rees, p. 75.

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* Harvard Medical School Health Letter, Harvard University Press Building, 79 Garden St., Cambridge, MA 02138, monthly, $12/yr. Contains well-written and informative summaries prepared by Harvard Medical School faculty. Recommended. Rees, p. 75.

* Prevention: The Magazine for Better Health, Rodale Press, 33 East Minor St., Emmaus, PA 18049, monthly, $10/yr. Ties causes and symptoms of most health problems to nutrition and life-style. Advertisements crowd content. Rees, p. 77.

* Taking Care, Center for Consumer Health Education, 380 West Maple Avenue, Vienna, VA 22180, monthly, $15/yr. Clearly written and useful newsletter covering a wide variety of topics. Excellent, inexpensive guide to effective decision-making. Highly recommended. Rees, p. 78.

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VII. MATERIALS HANDED OUT AT IN-SERVICE WORKSHOPS

NIOGA LIBRARY SYSTEM
6575 WHEELER ROAD • LOCKPORT, NEW YORK 14094 • 716-434-6167

TO: Member Libraries

FROM: Richard M. Killian
Executive Director

RE: HELP In-Service Training Workshops

PREPARED BY: Mary L. Brink
HELP Coordinator mlb

DATE: December 3, 1982

The attached materials are the product of the HELP Workshops held on November 3 and November 10.

I have also sent in an order for 25 copies of Consumer Health Information: the Public Librarian's Role by Kelly Jennings (Tulsa City-County Library, 1980). As soon as they are available they will be sent to you.

The workshops were videotaped thanks to the kindness and expertise of Marie Kuebler-Bindeman and Thomas Bindeman. If you missed the workshop and wish to see the videotapes, please fill in a regular AV request form and forward it to Marie.

Editor's Note: The attachments referred to in the above memo are included on the following pages. Their titles are as follows:

Some Health Information Resources Available Within the Nioga Library System

Health/Medical Books for a Small Public Library

Sources of Free and Inexpensive Materials

Advice on Handling a Health/Medical Collection

Some Health Information Resources Available Within the Nioga Library System

Dorothy Raymond, Science/Reference Librarian
Niagara Falls Public Library

HELP In-Service Training Workshop
November 10, 1982

Collection Building Titles

All titles listed are owned by Niagara Falls Public Library

1. Rees, Alan M. & Young, Blanche A. *Consumer Health Information Sourcebook* NY; Bowker, 1981. 0-8352-1336-6 $32.50 (LJ 5/15/81) Ref 016.613 Rees Contents: Consumer's need for health information; annotated bibliographies on major health topics; 700 annotated book titles from 1975 - early 1980 classified as wellness and self-care; children's health, women's health, health of elderly, heart disease and stroke, cancer, diabetes, mental health, alcoholism and drug abuse, and miscellaneous. Following each topic: list of pamphlets and AV materials, and organizations concerned with that area of health care. Appendices list names and addresses of sources and suppliers. Indexes: author, title, and subject.

2. Ulene, Art & Feldman, Sandy. *Help Yourself to Health; A Health Information & Services Directory* NY; Putnam, 1980. 0-399-12474-8 $19.95; 0-399-50465-6 $10.00 pap. Ref 613.07. Alan Rees calls this "the best compilation of pamphlets and booklets available to date." Since Ulene's book does not cite books, his work complements Rees: The three main parts of the book are Publications, Services, and Organizations. The publications number over 3,000 and are annotated, and organized by 37 subject groupings. Section 2, services, lists nearly 300 free or low-cost services, such as hotlines, information clearinghouses, and the like. A fourth section lists names and addresses referred to by code number earlier in the book. There is an index. Also, pages of each section are darkened on the edge in a thumb-index arrangement.

Reference Titles

3. *Guide to the Health Care Field* American Hospital Association. Chicago; AHA. Annual. 1981 edition: $55.00 pap. (order direct from publisher) Ref 362.11 Amer
Main part is a list, by state, of AHA-registered and osteopathic hospitals. Other parts list government hospitals outside the U.S.; accredited longterm care facilities; health organizations and agencies; AHA members. Index. Educational programs are now published separately.

Reference Titles cont'd

4. U.S. Office for Handicapped Individuals, HEW. Directory of National Information Sources on Handicapping Conditions and Related Services HE 23.2:H 19/3, 1980 $7.50 pap. 362.4 Ref Pam
This book emphasizes physical disorders, but includes emotional problems and alchoholism. The one-half page descriptions include advocacy; consumer and voluntary health organizations; government sources; database vendors; professional and trade organizations; and service organizations. Indexes: list of organizations and federal agencies, and subject.

5. Registry of Toxic Effects of Chemical Substances National Institute for Occupational Safety and Health (NIOSH), U.S. Dept. of Health and Human Services. Annual, with quarterly revisions on microfiche. 1980 edition edited by Richard J. Lewis and Rodger L. Tatken, issued 2/82 HE 20.7112: 980/v.1-2. $27.00 pap. Ref 615.902 Regi
An annual list of toxic substances as mandated by OSHA (Act of 1970). Basic information on known toxic and biologic effects of chemical substances....for anyone concerned. Arrangement is alphabetical by prime names and synonyms, with cross-references. Under the prime name: chemical data CAS Registry number; toxicity; mutagenicity; standards and regulations it falls under; references for further information; EPA status under Toxic Substances Control Act.

6. Current Therapy; Latest Approved Methods of Treatment for the Practicing Physician Annual. 1981 edition edited by Howard F. Conn, M.D. Philadelphia; Saunders. 0-7216-2709-9 (Price of 1980 ed.: $29.50) Ref 615.5 Curr
Niagara Falls has added this to its Standing Orders. It is recommended as a basic title by many authorities.

7. Pinckney, Cathey and Pinckney, Edward. Encyclopedia of Medical Tests. rev ed. NY: Facts on File, 1982 0-87196-614-x $17.95 tr. Ref 616.075 Pinc, also circ (Nioga copy)
Seven hundred medical tests (and some psychological ones) when and where performed; procedures involved; normal and abnormal values; risk; pain and discomfort; cost; and accuracy and significance. A list of outmoded and unproved tests is given, as well as a chart of the 100 most commonly performed tests, and conditions for which they are usually indicated with a rating as to their significance. Introduction gives background for evaluation.

Medical Consumerism Titles

8. Auerbach, Sarath & Bogue, Ted. Medical Records: Getting Yours rev. ed. Public Citizen's Health Research Group, 1980. 610.141 Sara Ref and Circ. NIBIP Available by direct order to publisher at 2000 P Street NW, Washington, DC 20036 $2.50 pap. The patient is better equipped for informed choices and protection of his privacy by freer access to results of diagnosis, tests, procedures and treatments. Included: step-by-step guidance; survey of state laws; procedure when a federal facility is involved; amending a false record; appeal of denial. A 1980 OSHA regulation provides for employee access to records of toxic exposure.

9. Waller, Kal. How to Recover Your Medical Expenses: A Comprehensive Guide to Understanding and Unscrambling Medicare. NY; Collier-Macmillan, 1981. 0-02-098940-7 $5.95 pap (LJ 10/1/81) 368.38 Wall, Ref and Circ.
Eligibility and coverage under Medicare A and B; supplemental insurance available; how to file a claim; how to appeal adverse decisions. In today's regulatory climate this book will need to be supplemented. Consumer Guide's May 1982 issue concerns Medicare benefits. It is available from Grosset & Dunlap: "Get More Money From Social Security, Government Benefits, Medicare, Plus..." 1982 $4.95 pap (0-448-12028-3)

10. Wolfe, Sidney M. and Coley, Christopher. Pills That Don't Work; A Consumer's & Doctor's Guide to Six Hundred Prescription Drugs That Lack Evidence of Effectiveness. NY: Farrar, Straus & Giroux, 1981. 0-374-51662-6 $6.95 pap. (Kirkus 7/15/81 p.929) 615.7 Wolf Ref and Circ Kirkus' review: "This is an important guide that can be used in conjunction with PDR and The Physician's and Pharmacists' Guide to Your Medicines" pending FDA removal of the ineffective drugs, which can take up to five years. Explanations of why each is not considered effective (National Academy of Sciences), and the preferred treatment for the five categories of disease targeted by these drugs.

Selected Current Titles

11. Ecker, Martin D. and Bramesco, Norton J. Radiation: All You Need to Know About to Stop Worrying...or to Start NY; Random, 1981 0-394-74650-3 $4.95 pap. (Bklst 8/15/81) 616.9897 Ecko A balanced appraisal of benefits and dangers. A primer of atomic physics precedes a discussion of the sources of radiation, both ionizing and non-ionizing. Steps to reduce risk, and the role of government comprise the rest of the book. Glossary, bibliography and index.

Selected Current Titles cont'd

12. McCollum, Audrey T. The Chronically Ill Child: a Guide for Parents and Professionals. New Haven, CT: Yale Univ. Press, 1981 0-300-02782-6, Y-409 $5.95 pap.; 0-300-02764-8 $25.00 tr. Ref 362.78 McCo (Kirkus 10/1/81 p.1274)
The author, a research associate in Social Work, Yale University School of Medicine, wrote Coping With Prolonged Health Impairment in Your Child in 1975. The new edition includes a chapter on the onset of adulthood, recognizing that improved treatments have increased lifespans. Chronic illness is defined as any condition lasting at least three months. Discussed are: the general needs of children, the ages and stages and developmental tasks as they are affected by the handicap. The second section gives directory information to sources of help, such as support groups, financial aid, and to avenues of social action.

13. Sargent, Jean W. An Easier Way: A Handbook for the Elderly and Handicapped. Ames, I.A. Iowa State Univ. Press, 1981. 0-8138-0870-7 $9.95 pap. (spiral binding) Bklst 10/15/81)
Ref 649.8028 Sarg
A catalog of more than 200 products and tips to make day-to-day functioning easier. Items are pictured in line drawings and described, one per page, in large type, bold-face. Source numbers with the entries refer to directory information at the back of the book. Indexed.

14. Smith, Genevieve W. Care of the Patient with a Stroke: Handbook for the Patient's Family and the Nurse. 2d ed. NY: Springer Pub., 1976 0-8261-0332-2 $11.50 text ed.; 0-8261-0334-0 $6.95 pap. (Rees p.260)
Physiological effects of a stroke, and advice on steps to be taken to guide the patient to the fullest recovery possible. Many helpful line drawings illustrate procedures, e.g., range-of-motion exercises. The author, a nurse, whose husband was stricken, has written a practical and reassuring book.

15. Stryker, Stephanie Speech After Stroke. 2d ed. Springfield, IL: CC Thomas, 1980. 0-398-04122-9 $22.75 pap. (Rees p. 261 cites 1st ed.) Ref 616.81 Stry
Designed to provide the speech pathologist and the untrained family members with structured, adult-level practice material to help the victim of brain injury or stroke regain language skills. Material is arranged from simple to complex in subject areas relevant to everyday needs and activities. The print is large, bold-face and lower case, the pictures simple.

Selected Current Titles cont'd

16. Tanner, Odgen *The Prudent Use of Medicine*. Morristown, NJ: Silver Burdett, 1982 0-8094-3771-6 $13.95 lib. 615.1 Edit This is one of the Time-Life *Library of Health Series*, to which Niagara Falls Public Library has a standing order. Other volumes focus on Cancer and Heart Disease.

17. Vine, Phyllis *Families in Pain; Children, Siblings, Spouses and Parents of the Mentally Ill Speak Out*. NY: Pantheon, 1982 0-394-50784-3 $15.00 (LJ 4/1/82; Kirkus 2/15/82) 362.2 Vine. Using the stories of 18 families, Ms. Vine moves chronologically through the course of the illnesses and the encounters with the health care system. She describes feelings, reactions, and responsibilities. Promotes support groups. Appendices include: glossary; laws concerning commitment; drug tables; resource organizations; publications.

HEALTH/MEDICAL BOOKS FOR A SMALL PUBLIC LIBRARY

I

BASIC BOOKS

(reference in nature)

Symptoms: The Complete Home Medical Encyclopedia, rev. ed., paper, Avon, 1978. Half is on symptoms. The better half is a coverage of many diseases and lists cause, prognosis, treatment.

Long, James W., Essential Guide to Prescription Drugs, rev. ed., paper, Harper, 1980.

Boston Women's Health Book Collective, Our Bodies, Ourselves, rev. ed., paper, S & S, 1976. Ever popular. Much information.

My Body, My Health, paper, Wiley, 1979. One of the best if not the best, gynecology books. By several experts.

Rosenfeld, Isadore, Complete Medical Exam, S & S, 1978.

Fox, Marian, It's Your Body: Know What the Doctor Ordered, Charles Press, 1979. Medical tests.

Diagram Group, Man's Body, paper, Bantam, 1976. Anatomy, physiology, statistics, much information. (Now combined with woman's book into 1 vol.)

Diagram Group, Woman's Body, paper, Bantam, 1977.

Apgar, Virginia, Is My Baby All Right? paper, Trident, 1972. Old but our only book on birth defects. Apgar is an M.D.

Dunphy, John E., Current Surgical Diagnosis and Treatment, 1979, paper, Lange, 1979. May be a newer edition. Lange books are highly reputable and inexpensive.

Physician's Desk Reference, Medical Economics, annual.

Miller, Benjamin F., Encyclopedia and Dictionary of Medicine, Nursing and Allied Health, 2nd ed., Saunders, 1978.

Beeson, Paul, Textbook of Medicine, 15th ed., Saunders, 1979. The basic medical textbook.

II

SUPPLEMENTARY BOOKS

Rosenbaum, Ernest H., Comprehensive Guide for Cancer Patients and Their Families, Bull, 1980.

Leavitt, Paul M., Cancer Reference Book: Direct and Clear Answers to Everyone's Questions, Paddington, dist. Grosset, 1979.

Glucksberg, Harold, Cancer Care: A Personal Guide, Johns Hopkins, 1980.

Hamilton, Richard, Herpes Book, Tarcher, distr. Houghton, 1980.

Duvoisin, Roger C., Parkinson's Disease, paper, Raven, 1978.

Finnie, Nancie R., Handling the Young Cerebral-Palsied Child at Home, rev. ed., paper, Dutton, 1975.

Sarno, John E., Stroke: A Guide for Patients and Their Families, rev. ed., McGraw, 1979.

Cooper, Irving S., Living with Chronic Neurologic Disease: A Handbook for Patient and Family, Norton, 1976. Old but covers much.

Biermann, June, Diabetic's Total Health Book, Tarcher, distr. St. Martins, 1980.

Kilmartin, Angela, Cystitis, Random, 1980.

Nugent, Nancy, How to Get Along with Your Stomach, paper, Anchor, 1979.

Farb, Stanley N., Ear, Nose and Throat Book, Appleton, 1980.

Baron, Howard, Varicose Veins, Morrow, 1979.

American Heart Association, Heartbook, Dutton, 1980.

Laws, Priscilla, X-Rays: More Harm Than Good? Rodale, 1977.

Panati, Charles, Silent Intruder: Surviving the Radiation Age, Houghton, 1981. Newer and more comprehensive than the book by Laws.

Compiled by Judy Prevratil
Science Division
Rochester Public Library
May, 1981

SOURCES OF FREE AND INEXPENSIVE MATERIALS

ALCOHOL/DRUGS/SMOKING

Action on Smoking and Health
2000 H St., N.W.
Washington, DC 20006

Addiction Research Foundation
33 Russel St.
Toronto, Ontario
Canada M5S 2S1

Al-Anon Family Group Headquarters
P.O. Box 182
Madison Square Station
New York, NY 10010

DARTE
Wayne County Intermediate School District
33500 Van Born Rd.
Wayne, MI 48184
Many free materials on alcohol and drugs.

Kemper Insurance Co.
Advertising & Public Affairs Dept.
Long Grove, IL 60049
Free materials on alcohol problems.

National Clearinghouse for Alcohol Information
P.O. Box 2345
Rockville, MD 20852

National Clearinghouse for Drug Abuse Information
5600 Fishers Lane
Rockville, MD 20857
Drug information; publications.

National Council on Drug Abuse
8 S. Michigan Ave.
Chicago, IL 60603 312 321-1230
Monthly newsletter; surveys/research; information; seminars; publications.

Office on Smoking and Health
Technical Information
5600 Fishers Lane, Room 1-16
Rockville, MD 20857

STASH
118 S. Bedford St.
Madison, WI 53703
603-251-4200
Dissemination of unbiased drug information; publications; bibliography; translation of clinical/technical data into comprehensive form for students/general public.

Wisconsin Clearinghouse for Alcohol and Other Drug Information
420 N. Lake St.
Madison, WI 53715

CHILD ABUSE

New England Resource Center for Protective Services
Judge Baker Guidance Center
295 Longwood Ave.
Boston, MA 02115
617 232-8390

GENERAL

Channing L. Bete Co., Inc.
45 Federal St.
Greenfield, MA 01301
Publicatons on health-related subjects.

ED-U Press
760 Ostom Ave.
Syracuse, NY 13210
Publication for young people on various subjects, many health and development related.

HANDICAPS

American Speech and Hearing Association
9030 Old Georgetown Rd.
Washington, DC 20014

Massachusetts Association for the Blind
200 Ivy St.
Brookline, MA 02146
617 738-5110

National Information Center for the Handicapped
Closer Look
Box 1492
Washington, DC 20013

MEDICAL/HEALTH ASSOCIATIONS

American Diabetes Association
600 5th Ave.
New York, NY 10020

American Heart Association
112 Cyprus St.
Brookline, MA 02146
617 738-4920

Bureau of Dental Health Education (American Health Association)
211 E. Chicago Ave.
Chicago, IL 60611

Epilepsy Foundation of America
Suite 406 1828 L. St., N.W.
Washington, DC 20036

Juvenile Diabetes Foundation
23 E. 26th St.
New York, NY 10010

Middlesex Cambridge Lung Assocation
Box 265 5 Mountain Rd.
Burlington, MA 01803

Society for Adolescent Medicine
P.O. Box 3462
Granada Hills, CA 91344
213 368-5996
Publishes SAM Newsletter twice annually ($5.00) covering social/medical problems of adolescents. Order from above address. Handicapped adolescents and sports medicine are special interests.

MENTAL HEALTH

Mental Health Materials Center
419 Park Ave.
New York, N.Y. 10016

NUTRITION

Food and Nutrition Service
USDA
36 North Ave.
Burlington, MA 01803

New England Dairy Council
1034 Commonwealth Ave.
Boston, MA 02215
617 734-6750

Nutrition Action
Center for Science in the Public Interest
1755 S St., N.W.
Washington, D.C. 20009

PHYSICAL FITNESS

President's Council on Physical Fitness and Sports
400 6th St, N.W.
Washington, D.C. 20201

SEX EDUCATION

Sex Information and Educational Council of the U.S. (SIECUS)
84 5th Ave.
Suite 407
New York, NY 10011

SUICIDE

American Association of Suicidology
P.O. Box 3264
Houston, TX 77001
713 644-7911
Education programs; publications; directory of suicide prevention centers in the U.S.

TEENAGE PREGNANCY

Allan Guttmacher Institute
515 Madison Ave.
New York, NY 10022

YOUTH ADVOCACY

The Center For Early Adolescence
School of Education
University of North Carolina
Chapel Hill, NC 27514
National Information Networking Service. Publishes Common Focus newsletter. Conducts workshops.

National Center for Child Advocacy
Administration for Children, Youth and Families
Department of Health, Education and Welfare
Washington, DC 20201
Children's Bureau sponsors the Child Welfare Resource Exchange

Source of this list:

Community Health Information Network In-Service Training Program
Children's and Young Adults' Section
Compiled by Larry Domingues, Robbins Library, Arlington, and
Leslie Dalton, Community Health Information Network

(Editor's note: Judy Prevratil of the Rochester Public Library provided this list as a handout during her talk at a Nioga in-service training workshop. The source is not otherwise identified.)

ADVICE ON HANDLING A HEALTH/MEDICAL COLLECTION

WEEDING

Books older than seven years are out-of-date and should be discarded. Probably five years is an even better guide. Exception: keep histories of diseases, histories of medicine and nursing, books on diseases no longer prevalent (polio, smallpox). These are useful for student assignments. Some areas of medicine change less quickly than others, but old information could be harmful. A doctor would say that a medical text is outdated even before it is published. If you wait awhile, a new book will be published.

We have few bibliographies to check for weeding purposes. One good one is Marilyn M. Philbrook, Medical Books for the Layperson, Suppl., Boston Public Library, 1978. A newer, more comprehensive one is Alan M. Rees and Blanche A. Young, Consumer Health Information Source Book, Bowker, 1981.

ACQUISITIONS

Book reviews for new popular health books appear in Kirkus Reviews, Publisher's Weekly, etc. Medical textbooks are available in the Science Division; some lending copies are available. We have found the public to be increasingly sophisticated about health and medical reference questions. The Science Division staff try to recommend useful books on the Adult Service buying list and are glad to recommend individual titles or provide mini-lists on request.

REFERENCE

Since much, though not all, medical information depends on currency, it might be well to warn patrons that any material in book form is not the most up-to-date and that periodical articles will likely supply different information. This sort of advice also offers hope in cases of poor prognosis. Medical reference work involves a bit more questioning, and also perhaps a bit more delicacy in handling than other areas.

A good reference book to update annually would be Current Therapy. Another useful annual is the Physician's Desk Reference. The basic medical text that gets updated frequently is Cecil's Textbook of Medicine, Saunders, 15th ed., 1979. Together these three titles would make a good core reference collection (total cost = $97).

Less expensive, more popular reference books that would be very useful for smaller libraries are Symptoms, rev. ed., Avon, 1978; Best Doctors in the U.S., rev. ed., Pei, 1981, $12.95; and Encyclopedia and Dictionary of Medicine, Nursing and Allied Health, 2nd ed., Saunders, 1978. The Merck Manual, 13th ed., Merck, 1977, $9.75, is a more technical but quite comprehensive handbook.

For areas not covered by new books, we rely on periodical articles. Family Health, Science News, Science, Newsweek and similar magazines carry articles on new medical treatments and developments. Patrons seeking more technical information should consult the Abridged Index Medicus in the Science Division. It indexes the medical journals. The Science Division subscribes to several medical journals, as does the Education Division (psychiatry). Also, we can get copies of articles via interlibrary loan.

Free or inexpensive pamphlets are available from government agencies and private associations, many of which have local offices (e.g. American Heart Association, two cancer associations, Planned Parenthood). Again, these offer fairly current information.

Prepared by:

Judy Prevratil
Head, Science and Technology Division
Rochester Public Library
July, 1981

INTRODUCTORY LETTER TO POTENTIAL HEALTH INFORMATION KIT SITES FROM NIOGA DIRECTOR

NIOGA LIBRARY SYSTEM

6575 WHEELER ROAD • LOCKPORT, NEW YORK 14094 • 716-434-6167

14 March 1983

Dear

The public libraries of Niagara, Orleans and Genesee Counties are part of the cooperative Nioga Library System whose goal is to improve library service to all residents of these counties through coordinated efforts supplemented by the services offered by the Nioga staff. The Nioga headquarters serves as a "libraries' library" rather than working directly with the public.

Nioga received federal funds in 1982 and 1983 to assist the member libraries in providing increased consumer health information. The Health Education Library Project (HELP) was designed, in part, to provide Health Information Kits to non-library sites in the Nioga community. These Kits consist of a plastic storage shelf, brochures and bookmarks for giveaway, posters and single copies of the following:

- Taber's Cyclopedic Medical Dictionary, 14th ed.
- Emergency Medical Guide, 4th ed., By John Henderson
- Baby and Child Care by Benjamin Spock
- People's Pharmany - 2 by Joe Graedon
- Essential Guide to Prescription Drugs by James Long
- How to be Your Own Doctor (Sometimes) by Keith B. Sehnert

Your office was suggested as a site for one of the Health Information Kits. There is no charge or fee to agencies cooperating in this endeavor. If you should decide to house a Kit, your only obligations will be:

1. Placement of the Kit in a public-accessible location. Use of the books should be "in-house"; circulating copies of each title are available in each local public library.

2. Some attempt at keeping the books available. If they do "disappear", contact Mary L. Brink at Nioga (434-6167). Replacements may be available. You and your agency are under no financial obligation as a result of lost or damaged materials.

3. Contact your local librarian if the supply of brochures and bookmarks run low. A copy of the HELP and Nioga System brochures are enclosed for your review.

If you have any questions, contact Mary L. Brink at Nioga. Please return the enclosed postcard informing us as to whether your office is interested in housing a Kit.

Sincerely,

Richard M. Killian
Executive Director
Nioga Library System

Library Director

Enc.

PRESS RELEASE PERTAINING TO HELP

NIOGA LIBRARY SYSTEM

6575 WHEELER ROAD • LOCKPORT, NEW YORK 14094 • 716-434-6167

22 January 1982

FOR ADDITIONAL INFORMATION
CONTACT: Mary L. Brink
(716) 434-6167

FOR IMMEDIATE RELEASE

NIOGA GETS "HELP"

LOCKPORT, NY -- Dr. Edward M. O'Keefe, president of the Nioga Library System, announced today that Nioga has been awarded a grant from the New York State Education Department, for a medical information services pilot project. Nioga's program: Health Education Library Project (HELP), will provide and disseminate current and pertinent consumer health information to its Niagara, Orleans and Genesee County service area.

Libraries in Niagara Falls, North Tonawanda, Lockport, Medina, Batavia and the Tonawanda Indian Community House Library are participating sites of the HELP program. The 16 remaining Nioga member libraries, and many area social service agencies will receive Health Information Kits - mini-collections of basic consumer health information.

An advisory committee of area health and library experts has been named: Dr. Karen Bell, M.D., Lyndonville; Mrs. Valerie Bryce, R.N., Lockport; Dr. Michael Maggiulli, M.D., Bergen; Mr. Patrick O'Connell, Assistant Hospital Director, North Tonawanda; Dr. Roger Triftshauser, D.D.S., Batavia; Ms. Barbara Wood, Director of Patient Education, Niagara Falls; Mrs. Dorothy Raymond, Reference Librarian - Health Sciences, Niagara Falls; and Ms. Mary Brink, Field Consultant, Nioga.

The Nioga Library System provides centralized services to its 22 member libraries, including book processing, interlibrary loan, reference, books-by-mail and special services to the visually handicapped.

LETTER FROM NIOGA EXECUTIVE DIRECTOR TO THREE-COUNTY DOCTORS

NIOGA LIBRARY SYSTEM
6575 WHEELER ROAD • LOCKPORT, NEW YORK 14094 • 716-434-6167

August 8, 1983

Dear Doctor:

The public libraries of Niagara, Orleans and Genesee Counties are part of the cooperative Nioga Library System whose goal is to improve library service to all residents of these counties through coordinated efforts supplemented by the services offered by the Nioga staff. The Nioga headquarters serves as a "libraries' library" rather than working directly with the public.

For the past two years Nioga has received money from the New York State Education Department to provide consumer health materials to its three-county area. "Site" libraries for this Health Education Library Project (HELP) have been:

Niagara Falls Public Library
North Tonawanda Public Library
Lockport Public Library
Richmond Memorial Library, Batavia
Lee-Whedon Memorial Library, Medina
Tonawanda Indian Community Library

Each of these site libraries has expanded collections of recent consumer health information materials. Additionally, Nioga has purchased many audio-visual materials in the consumer health field.

Enclosed, for your information, are copies of the following:

HELP Information Brochure
A/V Materials Brochure
Bookmarks with information on Cancer, Heart Disease, Pregnancy ans Arthritis
HELP Poster

If you would like a supply of any of these materials, please contact Mary L. Brink, HELP Project Coordinator at 434-6167. Please use the many resources of your local public library and recommend your patients look there for additional information.

Sincerely,

Richard M Killian

Richard M. Killian
Executive Director

Enc.

FINAL REPORT, MEDICAL INFORMATION PILOT PROJECT:
HEALTH INFORMATION CLEARINGHOUSE PROJECT

Lynn Yellott

Onondaga County Public Library

September 1, 1983

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I. DESCRIPTIVE AND EVALUATIVE REPORT

A. TRAVELING MEDICAL COLLECTION

GOAL:

To increase the familiarity of OCPL staff and their patrons with medical materials and with the health information services offered by the Central Library.

OBJECTIVES:

1. To rotate traveling collections of medical materials, for five-week periods, among branch and member libraries in order for staff at OCPL libraries to:
    a. become more familiar with Central Library health information materials and services available to their patrons;
    b. have an opportunity to use a variety of medical materials, thereby helping them evaluate their own medical collections and make appropriate purchases.

2. To explore the feasibility of a traveling collection as a collection development tool alternative to allocating grant funds to individual libraries for the purchase of materials.

3. To encourage OCPL libraries to offer health-related programs.

ACCOMPLISHMENTS:

On August 5, 1982 traveling collections of medical and health materials made their debuts. Both a branch and a member library hosted nearly identical collections of forty books while OCPL's two satellite libraries (located in community centers) shared a third, smaller collection with the bookmobile. The collections remained at the first libraries for five weeks. The larger collections then moved on to new sites. The three mini-collections rotated among the three smaller sites for five-week periods. During the project period, the collections visited twenty-one branch and member libraries and the Project Director provided on-site orientations to the eight libraries which requested them.

Since August, 1982, at least thirteen health-related programs for the public have been held in OCPL libraries. Seven of those were presented in conjunction with the traveling collections.

The following sections will describe the organization, operation, problems and evaluation of the traveling collections for those libraries considering implementing a similar project.

MATERIALS AND DISPLAY UNITS:

It should be noted that the materials were restricted to in-house use. In order to rotate the collections to most of the host libraries before the end of the pilot project period, it was necessary to set August, 1982 as the target implementation time. To insure that most of the ordered books arrived by that date, it was necessary to make the selections at the outset of the project--at the same time project staff were being hired and the project was first being organized. Selection of the books, therefore, was a more hurried process than we had hoped.

Selection considerations included:

1. an attempt to keep the cost of the collection low ($1250 for the three collections) so that other library systems could consider duplicating the idea of a traveling medical collection.
2. choosing titles that provide examples of:
    a. low-cost materials in popular, general medical areas, affordable by smaller libraries
    b. reference works that exemplify types of expensive but authoritative materials available in the Reference Department of the Central Library
    c. relatively low-cost medical reference works

We decided to select few disease-specific titles. Libraries wishing to include such books in their exhibit were encouraged to pull them from their own collection or request them from other libraries through interlibrary loan.

The titles were selected using the Reference Department's familiarity with medical materials as well as bibliographies and materials cited in the Consumer Health Information Source Book by Alan M. Rees and Blanche A. Young (Bowker, 1981). A brochure which supplements an annotated list of traveling collection materials (see Section V) indicates the list is not a prescriptive buying guide. It should be used as one of several collection development tools. Because of cancelled orders or budget constraints, several categories (anatomy as well as some specific conditions, for example) are not represented.

In addition to the books, the traveling collections contained a number of supplemental items. Several sample magazines were included. (Unfortunately, only Medical Self-Care, Health Facts, and 50 Plus responded to our request for samples in spite of our explanation of the reason for the request.) As the memo to branch and member librarians indicates (Section V), a poster was included (along with an optional free-standing bulletin board to put it on) to highlight the collection. The poster also held multiple copies of an OCPL-produced flyer which highlights Central's consumer health information services and the Consumer Health Information Consortium (Section V). Project-funded display racks held multiple copies of pamphlet giveaways including OCPL-produced resource guides and pamphlets obtained from the Regional Food and Drug Administration Office.

We considered including multiple copies of flyers describing local health agencies. Because of lack of display space, the fact that the Consumer Health Information Consortium (CHIC) flyer serves as an "umbrella" for all agencies, and the excessive amount of staff time needed to maintain an adequate supply, we decided not to include them.

An optional feature was an exhibit produced by the local Cooperative Extension: "Clothing for Independence." Consisting of a clothes tree displaying a piece of clothing for the disabled and a collage, the display complemented a Clothing for Independence book which provides patterns for sewing clothes specially designed for the handicapped.

MECHANICS

Branch and member librarians' concerns related to the traveling collection were addressed by involving the Pilot Project Advisory Committee in the planning of the traveling collection. Two meetings were held, and the Project Coordinator obtained additional input via the telephone.

The memos sent to branch and member librarians (Section V) reflect some of the planning process and mechanics of the traveling collections. A number of libraries indicated an interest in presenting health-related programs for the public to complement the traveling collection. A list of program ideas along with contact people was prepared and is part of Action Memo # 589. (See Section V.)

A start-up kit accompanying the collection included a letter providing set-up instructions (See Section V), an inventory list to be completed at the beginning and end of the five-week period, and an evaluation form to be completed by the public.

PROMOTION:

Press releases (See Section V) and radio public service announcements were prepared. Host libraries were encouraged to submit the press release to the weekly newspapers or shopping guides in their areas. Branch and member libraries were also encouraged to submit requests for flyers and posters to the OCPL department which is responsible for printing and publicity.

Although the press release was issued, the thrust of the actual newspaper article (Section V) differed from it considerably. The Central Library did receive a number of medical reference questions as a direct result of the article, however.

Host libraries used several methods to highlight the traveling collection. One library sent letters announcing the collection to physicians in their area. One member library scheduled the traveling collection to coincide with an information fair for senior citizens. Other libraries held several health-related programs while hosting the traveling collection.

ON-SITE VISITS:

On-site orientations were provided to twenty-eight librarians. The orientations covered the purpose of the collection; mechanics of the collection's delivery: contents, set-up and evaluation forms; description of contents; as well as description of Central's health information service, CHIC, and the pilot project (including samples from the OCPL's health information data base). Discussions of staff attitudes and experiences related to providing health information led to discussions of guidelines for providing medical information. Staff at several libraries expressed an interest in pursuing this area in more depth through an additional meeting or workshop.

The on-site orientations provided an opportunity to discuss staff concerns related to providing consumer health information. In two cases the Project Director helped librarians select outdated material to discard and identified appropriate replacement materials. The most important function was to explain in detail how Central librarians handle medical questions.

PROBLEMS

When initially proposed, the traveling medical collection seemed to be a relatively simple undertaking. Although the project was straightforward, it consumed more administrative time than anticipated. Most problems involved the mechanics of rotating the materials. For example, we had decided to distinquish the collection by simply designating the books as reference materials and housing them on carts highlighted by posters. The "R" would be removed when the books were integrated into Central's circulating collection after all visits had been made. However, because the books were not clearly labeled, some occasionally became separated from the collection and turned up on the Central Library reference shelves. Another problem resulted when host libraries requested different accessories (book truck, display rack, etc.). There was ample opportunity for the delivery of the wrong equipment.

Provision should be made for updating any traveling collection. During the project period, several new "essential" books were published. Similarly, after one and one-half years, new editions of some of the materials had been published. By the end of the project period some of the materials were becoming outdated. Updated materials were not ordered because of the likelihood that they would have arrived after the collection had finished rotating.

EVALUATION:

Several evaluation methods were attempted. Library staff attending on-site orientation sessions were asked to complete assessment forms anonymously and return them by mail. Fourteen forms were returned with the following results.

1. Did you find the session worthwhile?

Scale of values	(Yes)	5	4	3	2	1	(No)
Number of respondents		7	6	0	1*	0	

* Respondent indicated that because someone on the staff was already active in the Consumer Health Information Consortium, the session did not provide any new information to him or her.

2. What was most helpful?

Information on the computer; knowing whom to contact at Central for help; help in weeding the collection; discussion of the difference between providing information and giving advice; discussion of individual reference tools.

3. Do you consider any of the covered areas to be irrelevant to your job?

Yes	No	No Response
0	11	2

4. Are there any topics which should be covered that were not?

No comments.

5. Would you feel additional workshops in the area of consumer health information in libraries would be helpful? If yes, what would you like to see covered?

Five people responded negatively. Those who favored additional workshops suggested coverage of circulating materials, core materials, state of the art reviews, weeding, referrals, and guidelines for handling actual questions.

Several methods of evaluating the materials in the traveling collections were attempted at the outset. Forms were attached to each book so that the patrons could evaluate its usefulness. Another form was posted or placed near the traveling collection requesting feedback regarding patrons' assessment of the value of the collection as a whole. However, few patrons took the time to complete the forms, and the forms attached to the books frequently became detached and lost.

Another evaluation attempt that proved inadequate involved requests for libraries to keep statistics of health/medical questions for an equal number of months before and after the arrival of the traveling collection to determine if an increase in questions occurred after the travelling collection visit. Although eleven libraries agreed to collect the data, few were able to collect statistics for the necessary amount of time.

The evaluation of the overall concept and its implementation that seemed most valuable was conducted by Ellen Paterson. On leave from her position as a health sciences bibliographer at State University of New York at Cortland Memorial Library in order to pursue a post-MLS certificate, Ms. Paterson conducted the evaluation as part of her course work. An an observer, she had no vested interest in the project and could therefore be an objective evaluator.

Ms. Paterson interviewed librarians, in-person, at the eight libraries which hosted the collection prior to December, 1982. She asked the same questions of each librarian and tabulated the results. The methodology and findings sections of the paper which she submitted to her professors are reprinted in Section III of this report. The following is the complete text of the Conclusions section of her paper.

Conclusions from "Traveling Medical Collection: An Evaluation," by Ellen R. Paterson, submitted in partial fulfillment of the seminar requirement for the Certificate of Advanced Studies at the State University of New York at Albany.

> The overall reaction of library staff to the traveling collection was very positive. Based on the enthusiastic response of the library staff to the traveling collection and the expressed intention to purchase many of the titles, the key objectives of stimulating staff awareness of health information and encouraging collection building in medical/health information were met. Even though reference statistics did not demonstrate an increase in medical/health questions, the traveling collection appeared to be used by the staff and the public in almost all of the libraries. The traveling collection seemed to be a very popular method of influencing librarians to buy some of the titles. Librarians enjoyed

> using the books to answer reference questions. Most librarians felt that it was an excellent collection of books which covered a broad range of topics. Most felt that medical and nursing textbooks were appropriate for public libraries and intended to purchase them. Librarians recalled specific titles which were most helpful and most appropriate for purchase in terms of the most popular subjects. All seemed to be aware of the medical questions they already received and recorded and/or remembered some of the most popular topics. Having the traveling collection helped librarians focus attention on health information questions and the need to select more titles in specific subject areas. Librarians preferred the chance to preview the books in the traveling collection rather than spending their own money on medical/health books. Librarians felt better able to evaluate and improve their own medical/health collections after having examined the sampling of medical materials in the traveling collection. This alternative approach to collection development in consumer health might be used by other libraries. Librarians were able to judge which titles were most helpful for reference and which ones they intended to purchase. They were also able to identify the kinds of health questions which were asked repeatedly at the reference desk. The traveling medical collection idea could be repeated at other library systems to help librarians evaluate the usefulness and appropriateness of specific titles before committing limited library funds or using grant funds to purchase books for libraries.

The evaluator's conclusions indicate that the first and second objectives of the traveling collections were met. Many library staff did become more familiar with the consumer health information services and materials available through OCPL. The traveling collections served as excellent collection development tools, and the orientation sessions were worthwhile for those who attended.

Unfortunately it appears that regardless of the attempts to promote the service, there still will be some library staff or volunteers who do not remember the existence of the service. For example, Central librarians were told by one patron that when she asked a medical question at a member library which had hosted the collection, she was told they could not help her and no referrals were made. She learned of OCPL's service from a brochure at her doctor's office!

The above incident may also illustrate that the primary value of a traveling collection is for those on the library staff who are already interested in providing consumer health information, either directly or through referral. The value to the patron directly has not been established. The most effective way to promote the service to the patron may be through signs and brochures at clinics and physicians' offices. Patrons, too, may not remember the existence of the service if they do not have a medical question at the time they see the promotional information.

In spite of the evaluation and evaluation attempts, it seems to have been very difficult to measure the impact of the collection beyond its value as a collection development tool. There was no way of knowing if the number of referrals to the Central Library increased or if the number of questions asked increased as a result of the traveling medical collections. However, as indicated by Ms. Paterson's study, the traveling collections did meet the objectives of providing an excellent, relatively inexpensive collection development alternative.

B. IN-SERVICE TRAINING

GOAL:

To help OCPL library staff to improve their skills related to health information provision.

OBJECTIVE:

To present in-service training modules and then to prepare a manual to help librarians in other systems plan consumer health information skills workshops.

ACCOMPLISHMENTS:

OCPL's initial proposal called for holding a series of in-service training modules. As initailly planned, modules would have covered helping patrons in crisis, guidelines for providing medical information, and medical materials.

The first module, "Dealing with Patrons in Crisis: The Librarian's Role," was held in September, 1983. The topic was chosen because librarians have found that people with medical questions are sometimes in the midst of a personal crisis. The patron or his or her relative may be faced by a life-threatening illness or other medically related crisis situation. How should a librarian deal with the patron who is distraught or who is seeking help and support, beyond information, from the librarian?

The session was led by a psychologist who has worked at and who consults for a local crisis intervention agency. Although the planning committee met with the leader, stated objectives in writing, submitted illustrative library-patron situations, and discussed the difference between "problem patrons" and in-crisis patrons, the leader focused more on problem patrons and communication skills in general rather than specifically on patrons in crisis. She did, however, discuss referrals to agencies whose staff regularly deal with distraught people. She also suggested stock phrases to help librarians deal with the patron, and she helped librarians define, to some degree, their role in such situations.

The second part of the program described OCPL's health information services and the Consumer Health Information Consortium. Workshop-goers were able to see a live demonstration of the health information data base being developed on the microcomputer.

Although the direction of the first part of the program deviated from the planners' intentions, all but a few of the thirty Central, branch, and member librarians who attended felt the program was worthwhile. (Eighteen submitted evaluative comments after the program.) However the program did not serve as a replicable model for other libraries as project staff had hoped.

Because the first module did not live up to the expectations of the planners, and because the on-site orientations were so successful (see Part A of Section II), it was concluded that the on-site orientations provided an effective alternative to the modular approach. The small sessions at the host libraries promoted valuable discussion and enabled non-professional staff to attend. Rather than offering a series of workshops on several topics, topics of interest were addressed in the small groups in their own libraries.

However, because the on-site orientations were tailored to the differing needs of each library, they did not help us develop the manual. Rather, the manual, which appears in Section IV, Part A. is based upon a workshop project which staff helped prepare for the Four County Library System in September, 1982 and on the workshop developed by Luella Allen and Martha Manning (Health Science Librarians, State University of New York at Buffalo) which was presented to fifteen OCPL librarians in July, 1983 by Ms. Allen. We decided to limit the focus of the manual to guidelines for providing medical information to consumers. The guidelines address the issue of dealing with patrons in crisis, thus meeting that objective. Selection criteria and lists of materials for laypersons are not included for several reasons. Sources and guidelines for selection have been published elsewhere,[1,2] and it did not seem worthwhile to reiterate them. OCPL's annotated list of traveling collection materials and the lists prepared by the Nioga Library System pilot project can also serve as selection tools. However, it is important to recognize how quickly lists of recommended materials become outdated.

Another reason for omitting a section on materials is to promote cooperation between public librarians and health science librarians. It is hoped that workshop planners will rely on local health science librarians to present up-to-date workshops on medical and nursing materials for public libraries. A session on materials by a local health science librarian could initiate or reinforce a cooperative relationship.

The manual, therefore, focuses on the legal issues as well as procedures and guidelines for handling medical questions from the layperson. The manual is intended to help workshop planners formulate objectives and to insure that as many issues are covered as possible. It was developed on the assumption that fears about handling such questions pose the greatest obstacle to the provision of quality consumer health information. Once librarians have a better understanding of the parameters of their role as consumer health information providers, and once they feel more confident about their ability to deal with problematic questions, consumer health information services will be enhanced.

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[1] Alan M. Rees and Blanche A. Young, Consumer Health Information Source Book (New York: Bowker, 1981), pp. 191-216.

[2] Kelly Jennings, Consumer Health Information: The Public Librarian's Role (Tulsa, Oklahoma: Tulsa City-County Library, 1983).

EVALUATION:

Although the approach to in-service training was not as coordinated or systematic as originally envisioned, evaluations of the on-site orientation session (see Section II, Part A) indicate the project's approach was very effective. Although the planners of the "Patrons in Crisis" workshop were disappointed, the audience response was positive. The evaluations of the guidelines workshop conducted by Ms. Allen included comments such as "the best workshop I've attended." All responses were exceptionally positive.

We regret that we did not develop pre- and post-tests. Another plan we had hoped to implement included a written "test" to serve as a refresher for experienced librarians at the Central Library and as an orientation for new librarians who will be dealing with a relatively large number of medically related questions. The plan called for the test to be used as a basis of discussion. OCPL's Consumer Health Information Specialist planned to meet individually with each librarian to review skills, guidelines, and procedures that the test indicated were in need of improvement. However, the demands of the microcomputer and the pressure to finish reorganizing files for the creation of the data base took more staff time than anticipated and diverted the time needed to design and administer the tests.

C. CREATING A MICROCOMPUTER DATA BASE

GOAL 1:

To provide rapid access to unpackaged, fugitive, mostly non-bibliographic "pieces" of health information as well as to commercial data bases.

OBJECTIVE:

To use a microcomputer to improve retrieval of health information found in the Central Library Reference Department's pamphlet file, Rolodex file, and in-house produced Health Information Providers Directory.

Several years prior to the establishment of the Medical Information Pilot Project, OCPL reference staff began making a special effort to collect non-bibliographic health information. The information was filed in three separate manual files. The following describes the nature of each file and the problems associated with it.

Health-related pamphlets were housed in a vertical file cabinet with other Reference Department pamphlets. Access was through broad subject headings recorded in a hand-written card file index. Author and pamphlet titles were not (and are not now) included in the index. Only a minimal number of subject headings as well as "see" and "see also" references were included because of the time required to create and maintain them. Therefore, access to important detail was not available.

"Unpackaged" information was noted in a Rolodex file. Examples of unpackaged information include very brief statistical reports, addresses of organizations or associations not included in standard reference works, hot-line telephone numbers, "fugitive" information such as the name of the man who led the fight to ban cigarette commercials from radio and television, and other difficult-to-locate pieces of information. Although the Rolodex was often helpful, assignment of headings was more arbitrary than controlled. Because of limitations on staff time, "see" and "see also" references were minimal--often causing information to become "lost."

Information about helpful local health agencies was filed in a loose-leaf notebook which supplemented a locally published human resources directory. The information in the loose-leaf notebook was frequently quite detailed. Entries described specific services, names of helpful contact people, courses, and resources of the various agencies. For example, the babysitting course offered by a local hospital was noted under the hospital's description. The fact that one of the library's contact persons was willing to make long-distance telephone calls on his WATS line to help us answer health-related questions was noted. Again, the detail was often lost due to the limitations of manual indexing. Another problem involved updating the information. Because of the lack of clerical staff, new information was often written by hand to avoid retyping each entry.

The Medical Information Pilot Project provided the opportunity to use a microcomputer to attain integrated and detailed access to the information formerly contained in each of the three separate files. The microcomputer has enabled OCPL to create its own consumer health information data base. The data base consists of substantive information which was formerly located in the Rolodex file and in the loose-leaf directory. It also provides detailed access to informaton in the pamphlet file by permitting keyword indexing. Use of the index retrieves location statements for the appropriate pamphlets.

The rest of this section will describe:

How OCPL approached the objective of identifying appropriate software and hardware
How the software is used to construct the data base
Features of the data base
Cost/benefit considerations
Problems and Evaluation

SOFTWARE SELECTION:

When the pilot project began, the above goal and objective were clear. However, the means of attaining them were not. The first few months of the Project were spent learning about microcomputers, software, and the terminology used to describe them.

Descriptions of computer applications in the fields of library science, business, as well as information and referral were sought through literature searches. Prospective resource people were contacted by telephone and by letter. We learned that the type of software we needed was called by the generic name of "data base program." We also learned there are several types of data base programs, but unfortunately, local computer dealers and others to whom we spoke were familiar with only one or two programs which might (but did not) meet our needs. We were unable to identify any "experts" who could provide an overview of data base programs. Some of the "consultants" we contacted (All volunteered their time) are indicated in Appendix I of this section.

It might have been possible to send out a Request for Proposal. The problem was we did not know to whom to send it. We also wanted to avoid working directly with a programmer. Staff did not have the expertise to oversee "original programming;" also it seemed too risky to rely on a programmer to meet our deadlines.

It is important to note that the learning process was osmotic rather than systematic. Much was learned by talking to a number of dealers and other microcomputer owners. (Few however, had the ability to communicate effectively with a novice.) Articles in the Datapro Directory of Microcomputer Software and in Business System Buyer's Guide (See Appendix I for bibliographic citations) were helpful and emphasized the need to describe our software requirements in detail.

The primary need for the computer was to create a data base which would provide a single access point at which librarians could free-text and full-text search in order to locate specific health-related information in pamphlets, to identify agency services in order to make appropriate referrals or to answer patron questions concerning agency functions, or to locate a piece of unpackaged health/medical information. In other words, a system comparable to a miniLockheed DIALOG System was envisioned that would require the librarian simply to type in keywords in order to retrieve needed information. (Note that from the start the plan called for a data base to be used by librarians. The system was not intended for use directly by the public.) The goal was to use software that would eliminate the need to check a number of manual indexes or files and which would have the capability of free-text searching, thereby permitting access to needed detail which often remains buried in systems requiring extensive cross references. The optimum design of the data base and its subsequent requirements were translated into software specifications. (See Appendix II.)

The specifications also reflect the need for relatively large records (approximately two thousand characters to accommodate lengthy agency descriptions) as well as the need for using different types of record formats in a single computer file. Becuase OCPL has a number of similar files in other subject areas that might one day be converted to a computerized data base, the specifications also required that the software run on a hard disk so that there would be storage space available in the future for growth of the data base and the storage of additional data bases.

OCPL's software specifications were sent to a number of software houses and to the producers of a number of programs. Those capable of handling record lengths of two thousand characters seemed to require additional modifications by a programmer. Other software candidates were not available in a hard disk version. A brief description of some of the programs we considered is found in Appendix I. The article in the September, 1982 issue of Creative Computing may be especially helpful to libraries investigating data base programs. For the most part, other data base articles were overly technical, although they aided the learning-by-osmosis process.

One of the programs we learned about was SCIMATE, which was then under development by the Institute for Scientific Information (ISI) in Philadelphia. We contacted ISI and learned that SCIMATE, indeed, did meet most of our specifications. SCIMATE was scheduled for release to the public in early 1983. The time constraints of the grant required that we get started prior to that date. To do so, we became a test site for SCIMATE.

HARDWARE:

During the software search process, the Project Director had been researching hardward options following the dictum that hardware should not be purchased until software is selected. At the time that OCPL became a test site, SCIMATE would run only on Vector Graphic microcomputers.

Based on ISI's confidence in Vectors, published evaluations, and the opinion of a volunteer consultant from private industry, we concluded that the Vector was a reputable and reliable microcomputer. Its primary limitation is that it does not permit efficient conversion to multiple-user or multiple-tasking configurations. Onondaga County required that the microcomputer be purchased through the competitive bidding process. A copy of the bid specifications is available from OCPL upon request. Information about each component of the microcomputer system is found in Appendix III. The problems encountered with the hardware are described below in the Problems and Evaluation segment of this Report Section.

CONSTRUCTION THE DATA BASE, USING SCIMATE:

Although some data base software products require additional programming to tailor them to individual needs, SCIMATE does not. However, prior to constructing the data base, it was necessary to analyze the data. A number of concerns had to be considered. For example, what were the relationships among the types of data? What types of information did searchers want to retrieve? The most important factor was to know both the data and the users well. In order to understand our responses to some of the above questions, it is necessary to understand SCIMATE's basic data base building-block: the template.

Templates are simply the formats the user designs for an entry or record. Instead of repeatedly typing in the heading for each element in an entry (the field), the user may use the template feature to save the headings and their sequences and later call the appropriate format to the screen as needed. The headings of each template are underlined in the search examples used to illustrate the following section. The steps required for constructing a template are very simple and the process takes only a few minutes. Users can design and use up to forty-eight of their own templates. The miximum number of headings, or fields, in each template is twenty. New fields can even be added to an existing template as long as the total does not exceed twenty fields. The software automatically adds the new field name to existing records. Field names are limited to eight characters, so it is sometimes necessary to abbreviate.

We designed our templates to take into account similarities among the different types of data. Identical or similar field types (for example, name of organization, name of pamphlet file) were given the same field number. Descriptions, which along with organization or file names contain most of the keywords, were always assigned to Field 2. Although SCIMATE does not yet provide the capability of limiting the search to searcher-specified field numbers, it is hoped that this feature will be available in future versions. If so, searchers could limit most of their keyword searches to several fields, thus speeding up search time.

Another consideration involved incorporating features to reduce the number of unintentional retrievals. We designed our records so that searchers can limit their "hits" to local agencies. For example, if the searcher wanted to retrieve information about local agencies involved with cesarean births, the search statement, using Boolean operators, would be: cesarean and a code for Onondaga County. (All descriptions of agencies in Onondaga County include a code for the county in the record.) This way the searcher limits the retrieved records. Similarly, if the searcher wants pamphlet materials only, he or she adds a code for pamphlet file which is included in each pamphlet file record. Because it features free-text and full-text searching, SCIMATE offers the flexibility to enable a data base designer to build-in such searching enhancements.

Another basic requirement of creating the data base has been vocabulary control. There is no one consumer health information thesaurus. It has been necessary to consult a number of authorities and to develop our own guidelines for creating cross references. The cross reference record we designed was one approach to the problem. Another approach with which we are currently experimenting is a system similar to that used by ERIC and PSYCHINFO which includes broader, narrower, and related terms.

To actually enter a record, that is, to input the data which constitute the data base, the user, by choosing options listed on menus, simply calls up the appropriate template and it appears on the screen. The user then proceeds to type in any information. The user can also choose to enter unformatted information on a blank screen. The maximum record length is nearly ninteen hundred characters (about three-fifths of a single-spaced typewritten page), but the length of each field can vary from record to record. The characters can be distributed throughout the fields in any way the user wishes.

The capability of editing an already-existing record is essential. SCIMATE's editor is relatively easy to use. It does not, however, provide the features of a sophisticated word processing program. Inserting a word or phrase into a "full" line requires moving the ends of lines to the beginnings of the next lines and can be a time-consuming process. On the other hand, making changes to lines that have adequate blank space is very easy.

To help the reader understand some of the features of SCIMATE and our data base, a sample question and search will be described: An inquirer would like to know what resources, in addition to book materials, the library has on caesarean section. She will be undergoing the operation and wants as much information as possible.

SCIMATE is very easy for the searcher to use ("user-friendly"). It is menu-driven, meaning that the searcher proceeds by selecting appropriate steps from a list of options (the menu). No knowledge of programming is needed. After selecting the options to conduct a search, the searcher is instructed to enter a search statement. In this case the term "caesarean" is chosen as the search statement. Any records containing the term caesarean will be retrieved.

The retrieved record (below) is a cross-reference record. It indicates that the accepted spelling (in our data base) is "Cesarean," not Caesarean. Had the searcher chosen any of the other, unaccepted or unused terms, the record below would have been retrieved, indicating the unaccepted term.

UNUSEDTE (unused terms)	Caesarean, cesarian, abdominal delivery
USE	CESAREAN

The records retrieved by searching under cesarean are illustrated below, along with a description of the record file.

The first example shows a type of information that would have been included in our Rolodex file. It is difficult-to-locate information--the type often alluded to by the media. Note that any term or phrase in the record could have been searched for and retrieved. The time consuming questions of what subject headings to give the entry as well as what cross references to make can be eliminated from the file maintenance.

> Home birth safety. Paper at annual meeting of the American Association for the Advancement of Science indicates that home births assisted by midwives are safer and involve fewer cesarean sections than hospital births. (Some statistics reported in announcement in Network News, Mar./Apr., '83. (Letter of inquiry re. obtaining report sent Apr., '83.)

Below is an example of human resource information that was formerly part of the Health Information Providers Directory

NAME	CESAREAN PREVENTION MOVEMENT
DSCRP CC	Goals include education to counter rising cesarean rate and to provide support for those having had cesarean births. Provides information about vaginal birth after cesarean. Publishes The Clarion. CC=PRECHI ALTRME
CONT PHN	Barb Settel 423-2911 (leave message)
STREET	P.O. Box 152 University Station
PLACE	Syracuse, N.Y. 13210
HOURS	

Note that CC in the field name stands for category code. The category codes in this case are PRECHI and ALTREME. They stand for "Pregnancy at Childbirth" and Alternatives to Traditional Medicine." If for some reason the searcher needs to conduct a very broad search--for example, to retrieve all entries, agencies and pamphlets, related to pregnancy--the searcher can simply search for the category code. It saves the data base builder from typing in the entire subject phrase. Also not that if a patron had asked for information about The Clarion, the information could be easily retrieved. In a manual system such detail would most likely be buried.

The next sample shows part of a pamphlet file record. To understand it, it is necessary to understand how the pamphlets are organized. In cases such as this one, pamphlets that are located in a number of related folders are housed together in a Princeton File, given a Dewey Number, and placed on the shelf with the reference books. The record shown indicates the name of the file; "PF" is a code for Princeton File. The Dewey number is R618.2. The names of the folders in the file are listed along with the folder number. Note the category code.

Below the folder names are the alphabetical list of indexing terms, the folder number, and the pamphlet's accession number to help the librarian quickly locate the needed information since we do not include the name of the relevant pamphlet. (Accession numbers are simply assigned sequentially.)

Notice that this record was retrieved because it contains the term cesarean. Also notice that the indexing terms are much more detailed than a manual system would permit.

NAME PREGNANCY AND CHILDBIRTH PF BXR618.2
(M-Z continued on next record)

folder numbers and names
1. General Pamphlets on Pregnancy
2. Prenatal Testing, Prenatal Care, Fetal Monitoring
3. Drugs, Alcohol, Caffeine During Pregnancy
4. Pregnancy Complications
5. Midwifery
6. Alternative Delivery
7. Cesarean Section
8. Bibliographies

CC = PRECHI, WOMHEA

Folder #	Term	Accession #
1	ABO Incompatibility	2087
6	Advocates for Choices in Childbirth	2266-2271
3	Alcohol and Pregnancy	2119, 2118, 2220, 2114
6	Alternative Delivery	2266-2271
2	Amniocentesis	2097
1	Anesthesia and Childbirth	2091
3	Aspirin During Pregnancy	2224
8	Bibliographies	2279-2282
4	Bioself	2253
2	Blood Flow and Fetus	2096
2	Breathing Exercises	2094
1	Breech Delivery	2091
3	Caffeine During Pregnancy	2221, 2222, 2223

As the examples indicate, we were able to create a data base that permits the searcher to retrieve agency information, miscellaneous, unpackaged information, and pamphlet file locations by searching at a single access point.

OCPL was very fortunate that two of the part-time project staff had backgrounds in medical librarianship. The librarins who reorganized and indexed the bulk of the health-related pamphlets works full-time at a medical library.

EVALUATION--HARDWARE:

Because of budget constraints, OCPL followed the advice of the Vector dealer and purchased a Morrow Designs hard disk. We did not learn until after delivery that the Morrow Designs requires more space in Vector's operating system than a Vector hard disk requires. The reduced available space in the operating system required that ISI create a special SCIMATE version. For several weeks while the program was modified, we were unable to use SCIMATE.

The smaller operating system has also limited use of additional software. For example, our SCIMATE file exceeds the amount of storage space on one floppy. Therefore backing-up requires that the file be copied onto two floppies. At present the SCIMATE backing-up software will not run nor will backing-up software the dealer supplied. Trouble-shooting and correcting the problem are time-consuming tasks.

Another hardware problem related to equipment to be used for searching DIALOG. We had decided that the entire system (computer, hard disk, printer, and search terminal) should be purchased from one dealer. If multiple dealers were involved, we anticipated that each dealer would blame another for any equipment problems. The Vector dealer had agreed to provide a Televideo video display terminal that would operate with the same printer to be used by the Vector. When the printer (which was a newly marketed model) arrived, we found it would not work with the Televideo. Several printer-terminals were loaned to us in the interim while this was remedied. Thus, librarians were forced to learn a number of different procedures. The dealer spent several weeks trying to find a solution. When none appeared, he supplied us with a stand-alone printer-terminal. Although we are pleased with the Teletype 43, it operates at a slower rate (three hundred baud) than we had specified. Each hardware problem has taken a large amount of time to resolve and has caused many hours to be lost.

EVALUATION--SOFTWARE:

Staff at ISI have been exceptionally responsive and helpful. As operators of a test-site, we anticipated encountering bugs and rough spots, and we did. ISI always responded to our calls, but in some cases, we were unable to continue inputting. Most frequently, software modifications were necessary as a result of the limited operating system. Again, time was lost while modifications were programmed.

We were somewhat disappointed that the currently marketed version of SCIMATE does not permit searchers to search by an operator-selected field. We look forward to a future version which will offer that feature along with the highlighting of the search term. (In a large record, it can be difficult to find the search term.) We also hope that the editor can become more sophisticated in the future. However, many of the features that we suggested were incorporated. OCPL found SCIMATE to be extremely efficient in enabling us to create and search the data base. Reference librarians find it relatively easy to use.

PERSONNEL COSTS:

Creation of the data base has been very costly in terms of staff time. It was necessary first to "clean up" and reorganize the data. For the pamphlet materials, this meant weeding, updating, and reorganizing the materials in addition to indexing them. Project staff indexed more than four thousand five hundred pamphlets (assigning as many as thirty terms to some). Originally there were seventy-seven health-related folders in the vertical file. After the reorganization and addition of several hundred occupational and safety materials, there were twenty five folders (topics) in the vertical file cabinet plus twenty-seven Princeton Files (with Dewey numbers) containing two hundred four more folders. Approximately nine hundred twenty librarian hours were required for the reorganization and indexing. Additional time was required to update the agency information and to "clean up" the rolodex entries. Approximately three hundred seventy hours were required for inputting. Other costs in terms of staff time are indicated below:

Software specifications: 2 weeks for data base design
Software search: 2 months
Start-up as a test-site, working with no manual: 5 hours of telephone conversations with ISI
Time lost converting from one test version to another: 2 weeks
Hardware research: 1.5 months
Hardware problems: 3 weeks of time lost
Housekeeping operations (backing up, erasing disks) 2.5 hours per week
Demonstrations and staff orientation: 20 hours
On-going inputting of newly acquired materials: Calculations not yet made.

The benefits of the data base are difficult to measure. Librarians in the Reference Department have been very enthusiastic. All feel the data base is extremely helpful in locating information that would have been virtually irretrievable without the microcomputer. All feel that the data base increases efficiency dramatically: Much time is saved through the microcomputer compared with the time required by manual searching. Each month the number of searches increases as librarians feel more comfortable using the computer.

GOAL II:

To provide rapid access to commercial data bases in order to obtain medical information.

OBJECTIVE:

To obtain equipment that would enable librarians to search MEDLINE and other commercial data bases to help patrons obtain up-to-date medical information.

OCPL librarians have been conducting in-house data base searches on commercial data bases since March, 1982 using terminals that had been obtained for other purposes (book ordering and interlibrary loan). Therefore, the terminals were available for DIALOG searching only for a portion of the day.

In anticipation of the cutbacks in the New York State Library search service, the pilot project proposal included the goal and objective above. Initially we planned to use the microcomputer as a search terminal. However, it became apparent that it was necessary, time-wise, to dedicate the microcomputer to the purpose of creating the data base. Therefore, a separate printer-terminal was obtained.

The availability of the printer-terminal has enabled OCPL librarians to conduct searches much more efficiently. The terminal is set up and used solely for DIALOG searching. There is no longer a conflict with other types of terminal users. The objective of using the equipment to help patrons obtain up-to-date medical information has been met. Since March, 1982 more than forty medically related searches have been conducted in-house. (Additionally at least twenty-three medically related searches were sent to the New York State Library.)

GOAL III:

To explore other health-related applications of the microcomputer.

Time did not permit us to explore this area.

CONCLUSION:

The pilot project met its goals and objectives of improving access to health-related commercial data bases and of creating a consumer health information data base on a microcomputer. The in-house-created data base has provided access to highly detailed information and has enabled us to answer questions which we otherwise would have had to refer to other libraries (which may not have been able to answer them). The data base has enabled librarians to retrieve information much more quickly than through a manual search. As illustrated, the costs are high. Each time a successful search is conducted, the cost is reduced. Reference staff are keeping a log of searches and the outcomes for cost benefit purposes and to determine needs for additional information input. We can recommend SCIMATE software highly. We caution any library considering creating a data base to weigh the personnel costs involved in converting manual files.

APPENDIX I

EXAMPLES OF DATA BASE SOFTWARE AND RESOURCES INVESTIGATED BY THE ONONDAGA COUNTY PUBLIC LIBRARY, JANUARY-APRIL, 1982:

1. DB Master, Stoneware, Inc., 50 Belvedere St., San Rafael, CA 94901. Apple software. At time of our investigation, a hard disk version was in planning stages. Company did not respond to our inquiries. Floppy version was not suitable: Insufficient space for needed keywords.

2. MUMPS, c/o Dr. Dick Walters, Dept. of Community Medicine, University of California at Davis, Davis, CA 95616. MUMPS is a computer language used on larger computers and recently adapted to microcomputers. A very active users group shares information about various applications, many health-related. A File Manager program has been developed for larger computers. At the time of our investigation, it was not available for microcomputers.

3. Star, Cuadra Associates, 2001 Wilshire Blvd., Suite 305, Santa Monica, CA 9040. Costs far exceed our budget.

4. Data Factory. At the time of our investigation, hard disk version was not available in our area. Search time for a full 5 MB hard disk may have been in terms of minutes. In search mode, it can search only 1 field at a time. Not sufficiently versatile.

5. REFLES is noted in several articles an an experimental program. However letters to the article authors were unanswered.

6. Island Cybernetics. An inexpensive data base program, but not intended for storage and retrieval of dynamic information--editing stored records is very difficult.

7. Visidex. Personal software. Features free-text searching, but not available for hard disk.

8. Theodore Hines. Library Science/Educational Technology Dept,, University of North Carolina, Greensboro, NC 27412. Although Dr. Hines is involved in the development of a number of micro-based programs, none met our needs.

9. Software requiring programmer. These packages provide a basic system which reuqires modification for specific applications:

   a) Micro Data Base Systems (MDBS) Box 248, Lafayette, IN 47902. After seeing the software demonstrated at Cornell University and speaking with the programmer, eliminated this as a possibility. Too costly and time-consuming to hire a programmer.

   b) DBase II, Ashton-Tate, 9929 West Jefferson Blvd., Culver City, CA 90230

HELPFUL RESOURCES:

1. SCIMATE, Institute for Scientific Information, 3501 Market Street, University City Science Center, Philadelphia, PA 19104. 1-800-523-40[illegible]. Software used by the Onondaga County Public Library to create online, free-text searchable data base.

2. Ken Savio, D.P. Director, LSCA-funded project. Developing dbms-type software which will be suitable for information and referral-type information. Robbins Library, 700 Massachusetts Ave., Arlington, MA 02174.

3. Lawrence D'Urso. Native American Informaton/Referral Center, Social Science and History Division, Chicago Public Library, Chicago, 60611. Although Mr. D'Urso was helpful, his software did not meet our needs.

4. J. Gormley Miller, Library Management Services, 7-A Wildflower Drive, Eastwood Commons, Ithaca, NY 14850. Involved with a newly organized microcomputer business that plans to specialize in library applications.

5. Osborne, Adam, Business System Buyer's Guide, Osborne/McGraw-Hill, 1981. Excellent book written in non-technical language. Provides what the novice needs to know instead of burdening the learner with confusing, unnecessary information.

6. Datapro publications, Datapro Research Corp., 1805 Underwood Blvd., Delran, NJ 08075. Their looseleaf services, such as Directory of Microcomputer Software and Directory of Small Computers tend to be technical but are good sources of software and hardware descriptions as well as user evaluations.

7. Access, P.O. Box 764, Oakridge, OR 97463. Helpful journal that focuses on library-related microcomputer applications.

8. *Small Computers in Libraries; SCIL Newsletter*, Graduate Library School, University of Arizona, 1515 E. First Street, Tucson, AZ 85721.

9. Coffee, Mike, "Keys to Success (Keyword Database Programs)," *Creative Computing*, v. 8, no.9, September, 1982, p. 33 +.

APPENDIX II

SPECIFICATIONS FOR MICROCOMPUTER PROGRAM (EXCERPT):

1. Requirements:
   - a. Accommodate record lengths of up to 2000 characters
   - b. Free text searching
   - c. Ability to designate short titles so searcher can choose to display short title of the record rather than the entire record
   - d. Ability to easily edit records after they have been stored
   - e. Ability to narrow search through use of Boolean operators
   - f. Ability to truncate search terms and/or
   - g. Ability to choose a "closest match" search
   - h. Create four or more default templates.
   - i. Search more than one field at a time
   - j. Search for all records not updated since a specified date
   - k. Sort specified fields by zip code or alphabetically
   - l. Operate on CP/M with a hard disk.
   - m. Ability to back-up (easily) onto floppies
   - n. Generate a list of all terms used (except those listed in a stop list) in order to provide the basis of an authority file.
2. Examples of proposed types of records provided.

APPENDIX III

HARDWARE:

Vector Graphic Vector 3-64K/RAM (modified operating system to permit use of Morrow hard disk)
Vector Floppy Disk Drive, double-sided, double-density
Morrow Designs 26 megabyte hard disk
Okidata 84A printer
Teletype Model 43 printer-terminal (for searching commercial data bases)

II. TRAVELING MEDICAL COLLECTION; AN EVALUATION

TRAVELING MEDICAL COLLECTION

AN EVALUATION

by

Ellen R. Paterson

Submitted in partial fulfillment
of the seminar requirement for
the Certificate of Advanced
Studies (C.A.S.)

at the
State University of New York
at Albany

Lib. 780 Seminar: Professor Pauline Vaillancourt

Fall 1982

(Editor's note: In the original this section consists of a lengthy seminar paper by Ellen Peterson, a State University of New York at Albany School of Library and Information Science student, on the usefulness of Onondaga's Traveling Medical Collection. Because the paper contains more detail than would be generally useful, and because the Conclusions section of the paper appears in full in Section I A of this report, we have reproduced only selected parts of the paper here.)

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* Not reproduced.

** Not reproduced here, but appears in Section I A.

(Editor's note: The full paper is available upon request.)

Table 2

Traveling Medical Collection Book Titles Most Helpful for Reference or Most Appropriate for Purchase

Analysis of Interview Questions One and Three
Rank Order from Most Mentioned to Least Mentioned

Title	Number of Times Mentioned
Physician's Drug Manual	5
Practical Pregnancy	5
Merck Manual of Diagnosis & Therapy	4
Essential Guide to Prescription Drugs	4
Vitamin Book	4
Consumer's Dictionary of Food Additives	4
Medical - Surgical Nursing Textbook	3
What Are My Chances	3
STD (Sexually Transmitted Diseases)	3
Allergy Encyclopedia	3
Dictionary of Medical Syndromes	2
Medicine Show	2
Harvard Medical School Health Letter Book	2
Current Medical Diagnosis & Treatment	2
Fertility and Conception	2
Wholistic Dimensions in Healing	2
Take Care of Yourself	2
Choices	2
Indispensable Cancer Handbook	2
Myth of Senility	2
Medical Abbreviations and Acronyms	2
Dorland's Illustrated Medical Dictionary	1
Melloni's Illustrated Medical Dictionary	1
Current Pediatric Diagnosis & Treatment	1
Complete Guide to Children's Allergies	1
How to Choose and Use Your Doctor	1
Not for Doctors Only	1
Rating the Diets '81	1
Rating the Exercises	1
Sports Health	1
WomanCare	1
Principles of Surgery	1
Consumer Health Information Source Book	1
Diagnostic and Statistical Manual of Mental Disorders	1

Table 3

Kinds of Health Questions Mentioned More Than Once in Interviews

Rank Order from Most Mentioned to Least

Subject or Topic Repeated	Number of Times Mentioned
Pregnancy/ Childbirth/ Maternity	14
Prescription Drugs/ Side Effects	10
Nutrition/ Diets/ Therapeutic Cookbooks	9
Medical Terms/ Medical Dictionary	6
Anorexia Nervosa/ Bulimia	4
Premenstrual Syndrome/ Menstruation	4
Stress/ Type A Behavior	4
Vitamins	4
Cancer/ Carcinoma	3
Abortion	2
Alcoholism	2
Amniocentesis (might also include with pregnancy)	2
Dental Terms	2
Female Sterilization/ Vasectomy	2
Mental Health/ Depression	2

(Topics Mentioned Once (1) Too Numerous -- At Least fifty (50).

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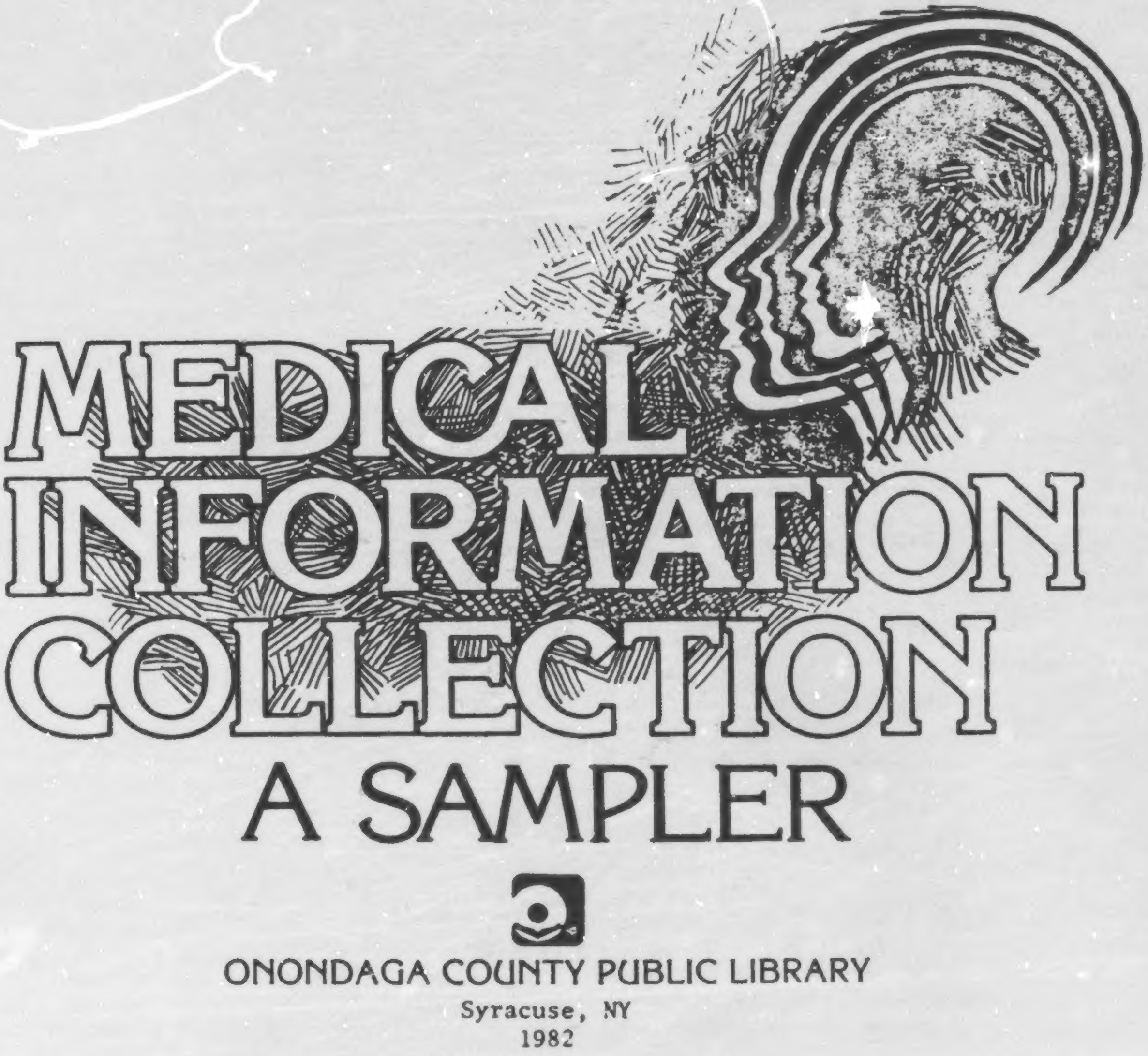
APPENDIX 1: TRAVELING MEDICAL COLLECTION LIST OF BOOKS

(Editor's note: The Onondaga Traveling Medical Collection was presented to the public accompanied by the brochure, Medical Information Collection: A Sampler, which is reproduced here. The brochure lists each item in the collection in a topical arrangement and provides a brief annotation.

OCPL also issued "Additional Information for Librarians About the Annotated Books Listed in the Brochure, Medical Information Collection: A Sampler." It lists a few titles not in the sampler, and provides prices and a few additional notes. It is included, following the sampler.)



MEDICAL
INFORMATION
COLLECTION
A SAMPLER

ONONDAGA COUNTY PUBLIC LIBRARY
Syracuse, NY
1982

COVER OF THE TRAVELING MEDICAL COLLECTION LIST OF BOOKS

Where are prostate cancer treatment centers located?

What are the frequent side effects of the drug Tagamet?

Over the telephone and in person, the Onondaga County Public Library helps people find health and medical information. The Central Library's health information service provides non-technical materials as well as medical and nursing texts and journals. The service also provides referrals to other health information providers.

Because health and medical information is very specialized, many local libraries are not able to provide the depth and breadth of the Central Library's collection. Through a grant, two identical mini-versions of Central's collection are traveling to libraries around the county. Participating libraries will host a collection for a five-week period. The Onondaga County Public Library hopes that the "samplers" of health materials will increase your awareness of how libraries can help you become an informed health care consumer.

Most of the materials described in this brochure are included in the traveling "sampler." All can be found at the Central Library; many are available for loan through your local public library. In addition to the materials listed here, there are many comparable and additional health materials available. See the back cover for more details.

REFERENCE/DICTIONARIES

Medical Abbreviations and Acronyms, 1977
by Peter Roody (R610.148 Roo)

This work presents an alphabetical list of common medical abbreviations and acronyms as well as the term(s) each represents. Especially helpful in deciphering prescriptions and medical records.

Dorland's Illustrated Medical Dictionary or The American Illustrated Medical Dictionary, 1981
(R610.3 Dor)

A comprehensive medical dictionary written for physicians. Tables which appear throughout the dictionary are listed in an index, and thus are comparable to appendices. Black and white plates provide illustrations ranging from sutures and knots to splints.

Dictionary of Medical Syndromes, 1981
By Sergio Magalini, et al. (R616.072 Mag)

A standard medical reference work. Syndromes (sets of symptoms which occur together) are often difficult to find in dictionaries. One syndrome may be called by several names. This book provides brief descriptions which include symptoms, signs, causes, diagnostic procedures, treatments, prognoses and a bibliography of medical articles for each syndrome. Includes a detailed index.

Taber's Cyclopedic Medical Dictionary, 14 Edn.
Ed. by Clayton L. Thomas (R610.3 T113)

The latest edition of a classic, updated, in use for almost fifty years by those teaching and practicing in the many allied health professions.

Melloni's Illustrated Medical Dictionary, 1979
by Ida Dox, et al. (R610.3 DOX)

This new dictionary, written in non-technical language, is a compilation of approximately 25,000 terms that comprise the common core of information for all of the health sciences. It also incorporates about 2,500 illustrations as visual components of the textual definitions of its terms.

PEDIATRICS

Current Pediatric Diagnosis and Treatment, 1980
Ed. by C. Henry Kempe, M.D., et al. (R618.92 Kem)

Writing for health professionals, prominent doctors have contributed articles ranging from "History and Physical Examinations" to "Immune Complex Diseases," from "Orthopedics" to "Poisoning."

The Complete Guide to Children's Allergies, 1980
by Emile Somekh, M.D. (R618.92 So52)

From defining the term "allergy" to explaining how to detect an allergic symptom; from explaining the two types of elimination diets to telling you where to go to get ready-made hypoallergenic foods, this book not only covers every aspect of allergy in children, it offers a simple-to-understand program of treatment for each allergy.

The Complete Parents' Guide to Telephone Medicine: How, When and Why to Call Your Child's Doctor, 1982
by Jeffrey L. Brown, M.D. (R618.92 BRO)

A ready reference for pediatric problems, new infant care, emergency problems, infectious diseases, minor infections, common complaints and basic principles of using the telephone for child care. Psychological and behavior problems are also covered.

CONSUMERISM

How to Choose and Use Your Doctor, 1979
by M. Belsky, M.D. and L. Gross (R610.69 B419)

This book is a prescription for a new kind of patient, assertive, questioning, capable of making the decisions that are vital to survival. Based on the premise "It's not enough for the doctor to stop playing God. You've got to get off your knees...."

The Medicine Show: Consumers Union's Practical Guide to Some Everyday Health Problems and Health Products, 1980
by Editors of Consumer Reports Books (R615.5 Med)

Frequently updated, this manual is intended as an antidote to the hucksterism sometimes characteristic of the health industry. The purpose is to help consumers distinguish useful products and treatments from distorted claims. Topics range from cold and cough remedies to shampoos and suntan lotions. The effectiveness of various brand name products is rated. Also included is a discussion of how to evaluate popular press reports about new products and miracle cures. Suggestions for what and what not to include in the home medicine chest are provided.

GENERAL

Harvard Medical School Health Letter Book, 1981
Ed. by G. T. Johnson et al. (R613 HAR)

Written for the layperson, this book covers a wide range of medical topics from diseases spread by pets, to contact lenses, to hepatitis. An authoritative volume useful for answering many specific health questions as well as for providing general background information. The book concludes with a discussion of how to evaluate medical information.

Medical-Surgical Nursing: Concepts and Clinical Practice, 1979
Ed. by Wilma Phipps et al. (R610.73 Med)

A massive text divided into three major parts. Part One describes "Perspectives for Nursing Practice 'including social, cultural and environmental perspectives' plus concepts and processes." Part Two deals with "Stress and Adaptation." The largest section, Part Three, focuses on "Clinical Management of persons with medical-surgical problems."

Merck Manual of Diagnosis and Therapy, 13th ed.
Ed. by Robert Berkow (R616.075 Mer)

Intended for physicians and written in technical language, this is a manual describing diseases, their causes, treatments, and prognoses. Not as comprehensive or detailed as medical textbooks or Current Medical Diagnosis and Treatment, detailed index and tables are included.

Not for Doctors Only: Over 100 Medical Discoveries Even Your Doctor May Not Know About Yet, 1980
by James E. Wasco (616 WAS)

The note to readers and introduction warn that this book is a "starting place." The new discoveries and practices described may not yet be proven and often are not appropriate for many patients. However a reader wanting an introduction to new techniques will find this book a good starting place from which to formulate questions to ask the medical professional and/or to pursue further research. Very readable, indexed, and illustrated with photographs.

What Are My Chances?, 1980
by Ben Eiseman (R616.075 Eis)

This very readable book is based on "what you need to know about the surgical and medical odds of getting well." The author helps you understand the probabilities of success for more than 100 frequently encountered conditions. He strips the doubt and mystery from the question of probable success and replaces fearful imagination with realistic odds. Discussions (avoiding technical jargon) are aided by clear informative charts and drawings, and cover a range of conditions from breast lump to varicose veins, from hemorrhoids to hip fracture.

Current Medical Diagnosis and Treatment, 1982
Ed. by M. Krupp and M. Chatton (R616.075 CUR)

Intended to serve health practitioners, here is a useful desk reference on widely accepted methods currently available for diagnosis and treatment. It is not intended as a textbook of medicine. Selected current references to the clinical literature and general bibliographies--emphasizing material published within the last five years--are included as a guide to further study.

DRUGS

The Essential Guide to Prescription Drugs: What You Need to Know for Safe Drug Use, 1982
by James W. Long (R615.1 LON)

Drug profiles are written in non-technical language and arranged alphabetically by generic name. Each profile includes how long the drug has been in general use, a list of brand and street names, availability for purchase by generic name, how the drug works, contraindications, possible side-effects, possible adverse effects, a number of precautions for different age groups, food and drug (including alcohol and marijuana) interactions as well as several additional categories.

Physician's Drug Manual: Prescription and Nonprescription Drugs, 198[illegible]
by Biomedical Information Corp. (R615.2 Phy)

Background information in each chapter describes various disorders such as infectious diseases or skin disorders. Charts follow each chapter, providing details on indications, dosage, contraindications, precautions and adverse reactions for prescription and nonprescription drugs used to treat the conditions described. A drug identification section contains actual photographs showing the color, size and shape of more than 1,000 pills.

Home Medical Treatment, 1982
Ed. by Consumer Guide (R615.1 GOS)

This detailed guide to hundreds of common over-the-counter remedies lists ingredients; tells how to use each drug safely; and evaluates each drug for economy and effectiveness. A primary focus of this book is to help steer people clear of remedies that are overpriced, unnecessary or ineffective.

NUTRITION/DIET/EXERCISE

The Vitamin Book, 1979
Ed. by Consumer Guide (R612.399 CON)

An extensive profile of each vitamin includes its history, food sources, functions, therapeutic uses, dietary requirements, and dangers of deficiency and overdose. The merits of claims for the effects of supplements are examined and research is cited. Minerals are discussed in a separate chapter. Descriptions of 70 brand-name vitamin supplements include a listing of ingredients and caution the user against overdoses and other hazards.

Diets '81: Rating the Diets, 1981
by Theodore Berland (R613.2 BER)

Published by Consumer Guide, here are the facts you need to know, plus evaluations of the diets making news: Cambridge Diet, the Lexington High Fiber Diet, Behavior Modification, the Zero Cycle from Diet Workshops, the first TOPS diet and much more. *Diets '81* tells the pro's and con's, safety and hazards of the most popular diets and weight control methods.

A Consumer's Dictionary of Food Additives, 1978
by Ruth Winter (R664.06 WIN)

The author's introduction details her concern for the potentially harmful effects of many food additives. She describes the GRAS list (Generally Regarded As Safe) issued by the Food and Drug Administration and discusses instances of the food industry's disregard for health in response to the public's demand for convenience and food enhancement. Descriptions of additives are arranged alphabetically with numerous cross-references.

Sports Health: The Complete Book of Athletic Injuries, 1981
by William Southmayd (R617.102 Sou)

In an engaging format and readable style, the author presents a wide range of information. Descriptions of how muscles, tendons, and bones function; common injuries and their prevention; symptoms; and treatment; as well as chapters on nutrition and children and sports are interspersed with tidbits of useful and interesting information. Address of eye guard manufacturers, accounts of star athletes' injuries, and charts of injury frequency will help sports participants to understand and prevent injuries.

Rating the Exercises, 1980
by Charles T. Kuntzleman (R618.71 KUN)

Body wrapping, cellulite reduction plans, sports equipment, yoga, and aerobics are among the exercise methods and gimmicks researched, evaluated and described. Introductory chapters address questions such as: How much exercise is enough? Is daily exercise necessary? Are some exercises harmful? After reading this introductory handbook, the reader should be able to choose an appropriate exercise plan. The last chapter rates sports as well as exercise programs, and equipment.

EMERGENCY

Emergency Medical Guide, 1978
by John Henderson (R614.33 HEN)

Frequently updated, this book is intended for both those who have had no first aid instruction and those who have. Although the index permits rapid access to the information, the author hopes readers will familiarize themselves with the book's information prior to using it in an emergency. Comprehensive and well illustrated, this book is one of several good emergency medical guides.

OB/GYN/FERTILITY

Fertility and Conception: An Essential Guide for Childless Couples, 1980
by John J. Stangel, M.D. (R616.692 Sta)

A thorough book covering the normal process of human reproduction; myths, misconceptions and misinformation about producing a pregnancy; causes of infertility; infertility tests and therapy; miscarriage as a related problem; and new and future alternatives such as test-tube babies. Also included are a glossary of terms and more than 80 charts and diagrams.

Current Obstetric and Gynecologic Diagnosis and Treatment, 1980
Ed. by Ralph C. Benson, M.D., et al. (R618 Ben)

A textbook based on the objective: to be useful without being tedious and to emphasize what is common and important as well as what is uncommon though still important. More than forty chapters have been written by specialist associate authors.

Practical Pregnancy: All That's Different in Life Because You're Pregnant, 1980
By Maxine Gold Wolfe (R618.24 Wol)

A comprehensive guide to "...pregnancy as a nine-month life-style with its own requirements and adjustments." The author has compiled answers to the myriad of questions that occurred while pregnant. Information is provided not only about the physiological and emotional aspects, but also about practical concerns such as repairing used baby furniture, job hazards and job rights, childbirth methods, participation in sports, maternity coverage clauses in insurance policies, traveling, wardrobe and hair care.

Womencare: A Gynecological Guide to Your Body, 1981
by Lynda Madaras (R618 Mad)

Womencare is one of many recent gynecology books written in nontechnical language. Well written and with some illustrations, chapters cover self-exams, normal anatomy and physiology, birth control methods (including cervical cap and cervical sponge), and dealing with doctors. A detailed section on diseases precedes a section describing specific operations, tests, procedures and drugs. Several appendices and an index of symptoms are included.

SURGERY

Principles of Surgery, 3rd Edn., 1979
by Seymour Schwartz et al. (R619 Pri)

A textbook for students of surgery with two subdivisions. The first section "Basic Considerations" deals with such topics as shock, infections, trauma, bleeding. The second section, "Specific Organ Systems," focuses on topics such as spleen, pancreas, stomach, congenital orthopedic deformities. Fifty-two chapters and more than 2,000 pages plus extensive index in this tome.

WHOLISTIC/SELF-CARE

The Encyclopedia of Alternative Medicine and Self Help, 1979
Ed. by Malcolm Hulke (R615.503 Enc)

Many people are becoming disillusioned by traditional (drugs-and-scalpel-based) medicine and are turning to alternative methods of treatment. This slim one-volume encyclopedia is divided into two parts. The first is a collection of 79 articles on such topics as acupuncture, astrological diagnosis and medicated bee venom. The second part is a directory of aids and services, and includes journals, practitioners and centers.

Wholistic Dimensions in Healing: A Resource Guide, 1978
by Leslie J. Kaslof (R615.53 Who)

What is "naturopathic medicine" or "Kirlian Photography"? These, along with many other nontraditional approaches to healing are featured. Resource lists of professional associations, schools, clinics, journals and publications, as well as products and services follow each description of the therapy, profession, or approach.

Take Care of Yourself: A Consumer's Guide to Medical Care, 1976
by Donald M. Vickery (R616.024 Vic)

This is a handbook designed to help people take responsibility for their health. Section One focuses on elements of healthy life-styles, finding the right physician, the office visit, the home pharmacy, and avoiding medical fraud. Section Two provides symptoms of medical problems, home treatment, and what to expect at the doctor's office. Flow charts indicate if a home remedy is appropriate or if a physician should be seen. The flow charts also indicate the possible severity of the situation by sometimes warning to see a physician "now." Readers are advised to read the note on page VIII.

Medical Self-Care: Access to Health Tools, 1980
Ed. by Tom Ferguson, M.D. (R613 Med)

The author is a 1978 graduate of Yale Medical School, and founder and editor of the journal Medical Self-Care from which much of this book is derived. This book (billed "as seen on '60 Minutes'") is for people who want to know more about their bodies, how they work and how to keep them healthy.

TESTS

It's Your Body -- Know What the Doctor Ordered, 1979
by Marion Fox, R.N. and Truman Schnabel, M.D. (R616.075F)

Here is an easy-to-read, logically organized guide to just about any medical test, from a simple eye examination to computerized tomography. The first section addresses the issue of informed consent; the second is divided into chapters corresponding to the major body systems and related types of tests. For each test, the authors use a question-and-answer format to tell the reader what the test is and why it was ordered, what the preparation is, how the test is performed, where and by whom it is performed, how long it takes, how you will feel, and the risk involved.

CANCER

Choices: Realistic Alternatives in Cancer Treatment, 1980
by Marion E. Morra, et al. (R616.994 MOR)

Written in question-and-answer format, Choices describes what cancer is, diagnostic tests, treatments, different types of cancer, coping with pain, and where to get help.

The Indispensable Cancer Handbook, 1981
by Kathryn H. Salsbury (R616.994 SAL)

An outstanding compendium written for the layperson covering all types of cancer, diagnosis, diagnostic procedures, how to find help, specific treatments, questions to ask, sites of clinical experiments, living with cancer, and a less detailed chapter on non-standard treatments. Twenty oncologists and oncology nurses reviewed the manuscript for accuracy and currency.

DISEASES

STD: A Commonsense Guide, 1980
by Maria Corsaro and Carole Korzeniowsky (R616.951 COR)

STD, sexually trnasmitted diseases, is the new name for venereal diseases. Sensitively written for the layperson, this book discusses symptoms, tests, treatments, and prevention. A key guides readers from symptoms to probable diseases. There is also a discussion of choosing a doctor.

Myth of Senility, 1981
by Robin M. Henig (R618.976 HEN)

A very small percentage of people become senile. However, as this book describes, myths and expectations can lead to senile behavior. Through discussions of normal physiological brain changes associated with aging, the causes and types of forgetfulness, the many treatable conditions that are associated with senile symptoms, readers can gain an understanding of how many forms of senile behavior can be prevented or reversed. Also included is a good discussion of Alzheimer's disease.

ALLERGY

The Allergy Encyclopedia, 1981
Ed. by The Asthma and Allergy Foundation of America and C.T. Norback
(R616.97 All)

This illustrated reference guide offers entries on allergies, their symptoms, causes, tests and treatments, including home remedies; an in-depth explanation of asthma; medical emergency procedures; geographic charting of pollen levels in the U.S.; nationwide listings of allergy clinics and camps; and a special section on allergy cooking, foods and additives.

DISABLED

Clothing for Independence Notebook, n.d.
by Gret Atkin, DEA

Clothing suggestions for specific handicaps.

PERIODICALS

The Harvard Medical School Health Letter

A publication for the general reader, designed to provide accurate and timely health information, each issue highlights a specific concern such as hardening of the arteries, marijuana (what are the risks?) and the asbestos problem.

American Journal of Nursing

This professional journal of the American Nurses' Assn. comes out monthly and features articles on subjects like sleep disorders and herpes as well as the legal side of nursing (a matter of judgment), new equipment and organizational news.

FDA Consumer

Published monthly is this official magazine of the Food and Drug Administration. Articles for the public include "The Body Doesn't Always Take Kindly to Breast Implants," "Tan Now, Pay Later?" and "A Global Look at Drug Approvals." Also included are FDA investigators' reports, seizure and postal service cases, and notices of judgment.

Health Facts

This monthly newsletter is put out by the Center for Medical Consumers and Health Care Information, Inc. A nonprofit organization, its purpose is to encourage people to make a critical evaluation of all treatment recommendations, to use medical services more selectively and to understand the limitations of modern medicine. Topics covered range from antibiotics to growing older, from cancer therapies to hypertension.

Medical Self-Care: Access to Health Tools

A quarterly magazine focusing on the primary responsibility for one's own health; the pursuit of medical/health education according to one's own needs and beliefs; and the choice, understanding and evaluation of professional health services when necessary. Typical articles discuss drugs such as valium; salt, caffeine, self-medication, and telephone medical advice. Book reviews on specific concerns are also included.

50 Plus

A section on new advances in medicine is only one aspect of this monthly magazine which runs the gamut from "Romance: The New Rules of the Game" to "Tight Budget Tips." A special note: the nutrition articles in the magazine have been commended as first-rate.

JAMA (The Journal of the American Medical Assn.)

Published four times each month, this journal is a forum for open and responsible discussion of matters relevant to the field of medicine. Included are such articles as "Runner's High: Fact of Fiction" or "Fever and Infection in Spinal Cord Injury Patients" plus sections like letters, questions and answers, books, and continuing education opportunities for physicians.

Nutrition Today

A bimonthly magazine for health professionals examines topics ranging from the "Nutrition Gazette: Nifty Nuggets about People, Activities, Meetings and other Goings-On in the Nutrition World" and more serious in tone "The Structure and Function of the Large Intestine" or "Practical Hints for Feeding the Cancer Patient."

Health (Incorporating Family Health, Today's Health)

Ten issues a year are published, centering on total well-being. Regular features include beauty and food, letters from readers and checkups. Special articles deal with health subjects like "Medical Computers--Should you trust your health to them?"; "Pain: Common Enemy/Uncommon Cures," as well as nutrition and mental health.

Additional Books of Interest are:

- * *Handbook of Nonprescription Drugs*, 6 Edn.
  Published by the American Pharmaceutical Assn.; R.P. Penna, Project Director (R615.1 H191)
- * *The Inverted Medical Dictionary: A Method of Finding Medical Terms Quickly*
  by Waldo A. Rigal (R610.3 Rig)
- * *Everything Your Doctor Would Tell You If He Had The Time*
  by Claire Rayner (R613 Ray)

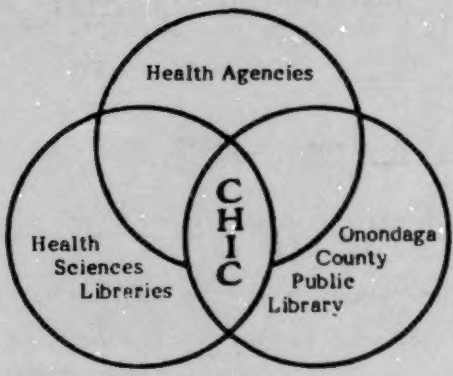
To borrow circulating health materials, contact your local librarian or OCPL Collection Information: 473-2826.

For specific health-related questions, contact your local library or the Central Library Reference Department: 473-4491.

The OCPL Reference Department will provide information * from books, pamphlets, magazines, as well as data base searches and/or put you in touch with other members of the CONSUMER HEALTH INFORMATION CONSORTIUM.

The CONSUMER HEALTH INFORMATION CONSORTIUM (C.H.I.C.) is an informal network of more than 25 health information providers. The Consortium includes representatives from public libraries, medical and nursing libraries, health organizations and health agencies.

* Only information, not medical opinion or advice, is provided.



Produced in part through a Medical Information Services pilot project funded by a grant from New York State.

BEST COPY AVAILABLE

Onondaga County Public Library

Robert P. Kinchen
Director

335 Montgomery Street
Syracuse, NY 13202

Additional information for librarians about the annotated books listed in the brochure, Medical Information Collection: A Sampler.

The annotated list can be used as a selection tool, but it should not be considered a prescriptive buying guide, and it should be used in conjunction with other selection tools. The following information is provided in case you are considering purchasing any of the materials on the annotated list. Unfortunately, due to expense or cancelled orders, some categories of books are not represented in the traveling collection.

Several resources are helpful if you wish to systematically evaluate your medical/health collection. The Consumer Health Information Source Book by Alan Rees (1981) is included in the traveling collection for your use. Consumer Health Information: The Public Librarian's Role by Kelly Jennings, Tulsa City-County Library (1980) discusses collection development. OCPL librarians wishing to borrow bibliographies cited by Rees or Kelly Jennings' manual should contact the Medical Information Project Office, 473-2794.

Notes for Librarians (use in conjunction with Medical Information Collection: A Sampler.)

-REFERENCE/DICTIONARIES

Medical Abbreviations and Acronyms. Peter Roody. McGraw 1976. $6.95.

Dorland's Illustrated Medical Dictionary or The American Illustrated Medical Dictionary, 26th ed. Saunders 1981. $32.50. Baker & Taylor.

There are several comparable dictionaries such as Stedman's Medical Dictionary and Blakiston's Gould Medical Dictionary. Dorland's was chosen for the list because it is comprehensive, authoritative, and current.

Dictionary of Medical Syndromes. Sergio T. Magalini, et al. Harper & Row 1981. $45.00

Taber's Cyclopedic Medical Dictionary, 14th ed. Ed. by Clayton L. Thomas. Davis Co. $14.95. Baker & Taylor.

The Inverted Medical Dictionary: A Method of Finding Medical Terms Quickly. Waldo A. Rigal. Technomic 1976. $14.50.

Very helpful if patron knows only the lay term, i.e., blue skin-cyanosis.

Melloni's Illustrated Medical Dictionary. Ida Dox, et al. Williams & Wilkins Co. 1979. $18.95.

- PEDIATRICS

Current Pediatric Diagnosis and Treatment, 6th ed. Ed. by C. Henry Kempe, M.D., et al. Lange Medical Publisher 1980. $20.00. Baker & Taylor.

The Complete Guide to Children's Allergies. Emile Somekh, M.D. Pinnacle Books 1980. $7.95.

The Complete Parents' Guide to Telephone Medicine: How, When and Why to Call Your Child's Doctor. Jeffrey L. Brown, M.D. Perigee Books 1982. $6.95.

- CONSUMERISM

How to Choose and Use Your Doctor. M. Belsky, M.D. and L. Gross. Arbor House 1979. $4.95.

The Medicine Show: Consumers Union's Practical Guide to Some Everyday Health Problems and Health Products. Editors of Consumer Report Books. Pantheon 1980. $5.95.

- GENERAL

Harvard Medical School Health Letter Book. Edited by G. Timothy Johnson and Stephen E. Goldfinger. Harvard University Press 1981. $15.95.

Medical-Surgical Nursing: Concepts and Clinical Practice. Wilma J. Phipps, et al. Mosby 1979. $31.95. Baker & Taylor.

A nursing text serves as an excellent reference tool. It is more readable than a medical text, covers many more topics than most health books written for the layperson, and is updated relatively often.

Merck Manual of Diagnosis and Therapy, 13th ed. Ed. by Robert Berkow. Merck 1977. $14.50. Baker & Taylor.

Not for Doctors Only: Over 100 Medical Discoveries Even Your Doctor May Not Know About Yet. James E. Wasco. Addison-Wesley 1980. $7.95.

What Are My Chances? Ben Eiseman. Saunders 1980. $14.95.

Current Medical Diagnosis and Treatment. Ed. by M. Krupp and M. Chatton. Lange Medical Publications 1982. $23.00. Baker & Taylor.

Serves as an excellent reference book for both common conditions and those not covered by lay materials. Although intended for medical professionals, it is not overly technical.

Everything Your Doctor Would Tell You If He Had The Time. Claire Rayner. Putnam 1981. $7.95.

- DRUGS

The Essential Guide to Prescription Drugs: What You Need to Know for Safe Drug Use. James W. Long. Harper & Row 1982. $8.95.

When patrons ask for the Physician's Desk Reference, (PDR) we also hand them the Essential Guide. The PDR is a legal document. Information is submitted by the pharmaceutical companies. All drug side effects even remotely associated with drug use are detailed. The Essential Guide, on the other hand, is written for the layperson. It describes expected side effects, plus warning signs that indicate the need to contact a physician. Frequently updated--highly recommended.

Physician's Drug Manual: Prescription and Nonprescription Drugs. Biomedical Information Corp. Doubleday 1981. $17.95.

Home Medical Treatment. Thomas A. Gossel, et al. Consumer Guide 1982. $2.50.

Part of the Consumer Guide Series. Inexpensive and frequently revised.

Handbook of Nonprescription Drugs, 6th ed. Published by the American Pharmaceutical Assn.: R.P. Penna, Project Director, 1979. $30.00. Baker & Taylor.

Authoritative and frequently revised.

-NUTRITION/DIET/EXERCISE

The Vitamin Book. Consumer Guide. Simon and Shuster 1979. $5.95.

Diets '81: Rating the Diets. Theodore Berland. Consumer Guide 1981. $2.50.

A Consumer's Dictionary of Food Additives. Ruth Winter. Crown 1978. $4.95.

Sports Health: The Complete Book of Athletic Injuries. William Southmayd. Quick Fox 1981. $14.95.

Rating the Exercises. Charles T. Kuntzleman. Penguin 1980.

-EMERGENCY

Emergency Medical Guide. John Henderson. McGraw-Hill 1978. $4.95.

-OB/GYN/FERTILITY

Fertility and Conception: An Essential Guide for Childless Couples. John J. Stangel, M.D. NAL, Paddington Press 1980. $4.95.

Current Obstetric and Gynecologic Diagnosis and Treatment, 3rd ed. Ralph C. Benson. Lange 1980. $21.00.

Practical Pregnancy: All That's Different in Life Because You're Pregnant. Maxine Gold Wolfe. Warner Books 1980. $5.95.

Womancare: A Gynecological Guide to Your Body. Lynda Madaras. Avon Books 1981. $9.95.

-SURGERY

Principles of Surgery, 3rd ed. Seymour I. Schwartz, et al. McGraw-Hill 1979. $40.00.

-WHOLISTIC/SELF CARE

The Encyclopedia of Alternative Medicine and Self Help. Malcolm Hulke. Schocken 1979. $6.95.

Wholistic Dimensions in Healing: A Resource Guide. Leslie J. Kaslof. Doubleday 1978. $7.95.

Take Care of Yourself: A Consumer's Guide to Medical Care. Donald Vickery. Addison-Wesley 1976. $6.95.

Medical Self-Care: Access to Health Tools. Tom Ferguson, M.D. Summit Books 1980. $8.95.

-TESTS

It's Your Body -- Know What the Doctor Ordered: Your Complete Guide to Medical Testing. Marion Fox, R.N., et al. P-H 1979. $10.00.

-CANCER

Choices: Realistic Alternatives in Cancer Treatment. Marion Morra, et al. Avon Books 1980. $8.95.

The Indispensable Cancer Handbook. Kathryn H. Salsbury. Harper & Row 1981. $9.50.

-DISEASES

STD: A Commonsense Guide. Maria Corsaro, et al. St. Martin Press 1980. $9.95.

Myth of Senility. Robin M. Henig. Doubleday 1981. $13.95.

-ALLERGY

The Allergy Encyclopedia. Ed. by the Asthma and Allergy Foundation of America, et al. 1981. $7.95.

-DISABLED

Clothing for Independence Notebook. Gret Atkin. Cornell University/Cooperative Extension. $1.50.

-LATE ADDITION:

Diagnostic and Statistical Manual of Mental Disorders (DSM-III) 3rd ed. American Psychiatric Association 1980. $22.00.

Intended for medical professionals, this readable work classifies and describes mental illnesses. Causes, features, course, impairment and prevalence are covered.

NOTE: "Baker & Taylor" indicates item is available through the Baker and Taylor Continuations Service.

III. MANUAL

A. IN-SERVICE WORKSHOP MANUAL: GUIDELINES FOR PROVIDING MEDICAL INFORMATION TO THE PUBLIC; A PROGRAM PLANNER'S MANUAL

INTRODUCTION:

This manual was prepared with the help of Luella Allen, Head, Media Resources Center, Health Sciences Library, State University of New York at Buffalo. It is indended to help librarians plan an in-service training workshop on the topic "Guidelines for Providing Medical Information to the Public." The workshop is designed to address the issues of dealing with life-threatening diagnoses and dealing with patrons in crisis, as well as with the questions concerning the librarians' limits and roles.

An outline of a suggested core content is presented in order to help planners set objectives for the workshop. Experience demonstrates that if clear objectives are communicated to speakers, it is more likely that effective presentations and a focused program will result.

The suggested core content is designed to be presented in a half-day workshop. It can easily be modified if planners decide to add additional segments.

WORKSHOP AUDIENCE:

The workshop is intended for librarians who deal with the layperson seeking consumer health information. Many of the inquirers are seeking information about drug side effects or about specific diseases or conditions which affect them, their families, or close friends. They may need information about diagnostic tests, treatment alternatives, or prognoses.

The workshop is designed to serve as both an introduction for the less experienced in the area of consumer health information and as a refresher for those librarians who deal with health and medical questions more frequently. A workshop covering the core content was presented to both types of librarians at the Onondaga County Public Library. Evaluations from the audience were highly favorable, demonstrating that an introduction and a refresher can be combined.

WORKSHOP GOALS:

The workshop is based on the assumption that librarians are primarily concerned with the practical aspects of handling medical questions. The goals are:

1. To help librarians understand the limits of their role along with the problems and pitfalls of providing medical information to the layperson.
2. To help librarians develop skills and formulate guidelines which will in turn help them feel more comfortable in providing medical information.

WORKSHOP OBJECTIVES:

The session is divided into modules, each with its own objective. With the exception of the introduction, each segment features a skit which is intended to illustrate pitfalls, needed skills, and/or medical information provision guidelines. The skits are intended to stimulate discussion of problematic questions or situations. In a few cases, they provide an introduction to substantive information which needs to be imparted to the audience.

Most of the skits are enacted on a "Trigger Tape" developed by Luella Allen and Martha Manning, librarians at the Health Sciences Library of the State University of New York at Buffalo. (See descriptive flyer, last page of this manual.) The tape is available for borrowing or copying. The other skits are intended to be enacted by workshop presenters.

CORE CONTENT OUTLINE; GUIDELINES FOR PROVIDING MEDICAL INFORMATION TO THE PUBLIC:

INTRODUCTION TO WORKSHOP

A. Overview of session. Discussion of workshop goals and objectives.

B. Brief discussion of the need for consumer health information services; acknowledgement that the questions can often make us feel very uncomfortable.

C. Discussion of handouts.

OBJECTIVE/SEGMENT 1: TO HELP THE AUDIENCE UNDERSTAND THE LEGAL ISSUES OF PROVIDING MEDICAL INFORMATION AND THE NEED TO UNDERSTAND THE LIMITS OF THE LIBRARIAN'S ROLE

Skit:

> Librarian (on phone): "You need information on the side effects of Haldol? I'm sorry, I'm not a medical professional. Please call your doctor. (Pause) I'm sorry, I don't want to risk practicing medicine without a license or a malpractice suit!"

Discussion:

What constitutes malpractice? Speaker/facilitator should include the following points:

Malpractice consists of four elements, all of which must be present: A clear, professionally mandated duty exists; a breach of duty must occur; an injury results; and proof must exist that the breach of duty caused the injury.

What the librarian's duty is: Providing authoritative, standard, up-to-date medical reference materials; providing information only; and communicating to the inquirer the limits of the librarian's role.

Provision of ample opportunity for the audience to voice concerns/fears about malpractice issues.

What constitutes practicing medicine without a license?

Discussion of the fine line between providing information as opposed to medical advice or opinion. Emphasize that the following skits will provide more opportunities to discuss this problem.

OBJECTIVE/SEGMENT 2: TO GAIN AN UNDERSTANDING OF INTERVIEW TECHNIQUES: LISTENING SKILLS AND BODY LANGUAGE

Because this objective is relevant to improving reference skills regardless of subject area, the needs of the audience should be considered. Some librarians may have had ample training in this area. If so, some of the basic principles could be briefly reviewed (body language; eye contact; responses indicating librarian is paying attention). Other audiences may need additional training. The following skit may be useful if the need for emphasizing the skills exists. It is important that the "actors" not exaggerate the barriers to effective communication. See if the audience can identify barriers that are portrayed in a subtle fashion.

Skit:

Librarian (reading at desk, forehead supported on hand, a natural reading posture, but one which seems to say to the approaching patron "I'm deeply engrossed and I don't want to be bothered." Looks up at patron, and smiles.): "Hi. Is there something I can help you with?"

Patron: (clearing throat, very low voice) "Yes, can you help me find information about this disease? (Hands librarian a slip of paper.)

Phone rings. Librarian immediately answers phone, dropping eye contact with patron and even turning away.

Librarian: "Reference Desk. Yes? Oh yes, but let me take your number. I'll have to call you back in a minute. Someone's here at the desk. Bye."

Librarian hands up receiver and looks at patron's slip of paper, frowning slightly in concentration.

Patron: (apologetically and softly) "I can see you're busy..."

Librarian: "Oh no, not at all..."

Patron: "Well, anyway I just realized it's two o'clock and I'm going to have to hurry to make an appointment. (taking back slip of paper) "Thanks, anyway."

Discussion:

How to deal with interruptions (like the phone which has to be answered) by making the patron feel it is the phone which is the interruption--not the patron. "I'll have to call back..." "I'll call back in a minute..." Can she only spend a minute on the patron's question?

How to reassure someone who is obviously nervous:
- Watch facial expressions
- Pay attention to language
- Try to avoid anything that could be interpreted as judgmental
- Lower voice to match voice level of the patron who wants to speak confidentially.

Try this skit again for practice using the suggestions above and the suggestions from your audience.

OBJECTIVE/SEGMENT 3: TO GAIN AN UNDERSTANDING OF INTERVIEW TECHNIQUES: APPROPRIATE USE OF OPEN/CLOSED QUESTIONS TO ELICIT UNDERLYING QUESTIONS

Skit:

Patron: "I have a question about Wegener's Granulomatosis."

Issues:

How would librarians handle the interview?
- Need to use an open question to determine the underlying question.
- Need for information could range from a two-page report to need for information on drug side effects to need for a referral to a support group.

Discussion of effective open questions:

Are you doing a paper?
Where did you hear about this condition?
What specific information are you looking for: background information, treatments, etc?
Can you be specific?

Point out the value of the closed question to redirect the interview or end it if the patron's response becomes unfocused.

OBJECTIVE/SEGMENT 4: TO HELP AUDIENCE ESTABLISH GUIDELINES FOR PROVIDING MEDICAL INFORMATION: THE LIBRARIAN'S ROLE

A. HANDLING REQUESTS FOR PHYSICIAN RECOMMENDATIONS

Tape:

Patron: "I just had the most degrading experience in my gynecologist's office. He called me "dear." He wouldn't answer by questions about my medication. He made me feel so stupid--the whole bit. Can you recommend a good woman gynecologist in this town?"

Issues:

More problems with recommendation. Presents added pressure for the sympathetic woman librarian. Do the same cautions apply?

Discussion:

Are there local listings that could be used? (example: Directory of Non-Sexist Therapists.)
Advisability of pointing out who the "authorities" are who put the directories together. Who or what is an "authority?"

B. PROVIDING ADVICE

Tape:

Patron: "My doctor just told me I have endometriosis. Do you have any information on that? I'm probably going to have to have surgery... (Pause, listening to librarian) No, I haven't heard about that drug. Do you think if I took that drug I wouldn't have to have surgery? I'm really afraid of the knife."

Issues:

Illegal practice of medicine?
Assessment of the emotional state of the patron.

Discussion:

Was there anything "wrong" in mentioning the new drug?
Could it have been mentioned under other circumstances?
Where's a good place to start, informationally, with this patron?
What body language signals did you pick up?

C. HANDLING REQUESTS FOR NAMES OF PRACTITIONERS OF "ALTERNATIVE" THERAPIES

Skit:

Patron: "I need recommendations of hypnotists who can help me lose weight."

Discussion:

OK to provide names with following caveats:
- Librarian is not recommending; other practitioners may exist though library does not have their names.
- Important to offer to provide information about (or at least address of) a professional association and its standards. Determine if a local holistic group can help.

D. RESPONDING TO REQUESTS FOR MEDICAL ADVICE AND VERIFYING REFERRALS

Tape:

Patron on phone: "This the Reference Desk?"

Librarian: "Yes."

Patron: "My friend here just got out of the hospital and he's taking Antibuse. I just noticed he'd had a beer. I've got to get some information about what kind of side effects he's going to have. (Pause) Look, don't read to me out of the PDR. I've got the PDR right here. I need to know exactly what to do."

Issues:

Referral to another helping agency is a vital aspect of consumer health information service.
Dealing with frightened, anxious, or hostile people.

Discussion:

Where can one make a quick referral for this sort of emergency?
Crisis center; hsopital emergency room; poison control center. (Make it your business to know the best place.)
Keep in mind that what may appear to be hostility is probably anxiety.
Stay calm and reassuring. Don't take it personally.

E. PROVIDING RECOMMENDATIONS

Tape:

Patron: "I've just been referred to Dr. Peter Miller. He's supposed to be the best hematologist in Buffalo. Do you know anything about him? (Pause) Really? Why wouldn't you go to him?"

Issues:

Is it illegal to make a recommendation about an M.D.? Defamation of character? A sharp lawyer might think so.

Discussion:

What kinds of sources can be provided for inquiries of this sort?
- Directory of medical specialists
- American Medical Association directory
- State medical directory
- Others?

F. RESPONDING TO QUESTIONS ABOUT LIFE-THREATENING CONDITIONS

Tape:

Patron: "Hi. I just found out I have leukemia. I want to look some stuff up about it. (Pause) It took a lot of courage to come here. I don't want to come back later.

Issues:

Learning to handle our own emotional reactions to life-threatening disease. Keeping a balance between informational objectivity and a natural, human response to another's pain and fear.

Discussion:

How can we handle the natural impulse to back away or somehow put off dealing with these emotion-laden requests?
Plan a response before such an incident happens so you don't react improperly.
Ask "How much has your doctor told you?" to get the level of information needed.
Could another library staff member handle this better than you? We all have things we can't handle.
Use the technique of handing the patron some background information so you can regain composure if necessary. Identify referral referral sources for support and additional information. At what point?
If question is by phone, emphasize that the condition is serious, and ask if patron would prefer to discuss it with a physician. This gives the patron an opportunity to reconsider, and the librarian can feel more comfortable that the patron does indeed want to know.
Call the patron back (applies to many medical questions). This gives time for the librarian to think about the question and consult several sources.
Emphasize how quickly medicine changes. Encourage the patient to talk to the doctor about new treatments.
Alert the patron to the possibility of a data base search to identify current research while warning that the articles may be highly technical.
Consider the possibility that some distraught patrons may need to talk. It's sometimes easier to talk to a stranger. Consider that this is part of our job as human beings as much as our job as librarians.

G. DEALING WITH THE PATRON WHO BECOMES DISTRAUGHT

Tape:

Patron: "Hi. I need some information on Sudden Infant Death Syndrome. (Pause) No, I need something my wife and I can understand. You see... um...last week my baby died and...I'm really sorry--I'm not handling this very well."

Issue:

Learning to handle the patron's emotional crisis.

Discussion:

What is most important at the moment, information or support?
Is there a secluded area in your library to which you could accompany this

patron until he gets his emotions under control?
Referral to support groups: Value of an up-to-date directory of voluntary organizations or local resource directory; association directory; yellow pages; United Way information.
Keep the phone numbers for support groups up-to-date. Many are parent-organized and the contact people change frequently.
Consider making the initial contact call yourself while the patron is at the desk, putting him in direct contact with the group.

H. HANDLING SENSITIVE CONCERNS AND PROVIDING THE PATRON WITH AN OPPORTUNITY TO LEARN ABOUT A CONDITION MORE GRADUALLY

Tape:

Patron: "Hi. Do you have any information on condyloma? (Pause) What do you mean, 'Look in the card catalog under venereal disease?'"

Issue:

Sensitivity to the nature of a patron's request.

Discussion:

Danger in being objective to the point of being callous.
Where is a good place to start, informationally, in cases of unknown (to you or to the patron) or difficult subjects?
Follow the general principle of avoiding intrusive intervention of the librarian with knowledge of the subject. Always find out how much the patron already knows. If little, let authoritative sources do the informing, not the librarian.
How long do you think it would take for this man to enter a library again?

I. DEALING WITH A QUESTION FROM A YOUNGSTER

Tape:

Patron: "I just found out from my step-mother that my real mother died of Huntington's Chorea. I saw this TV show last week. They said kids have a 50% chance of getting it. My Dad won't talk to me about it. Can you help me?

Issues:

Information ethics: Some people have questions about the propriety of giving information to children.
No legal problem here.
Is it a matter of judgement? Should it be?

Discussion:

What level of information is called for?
Remember the improtance of monitoring, of checking back: "Is this enough information for now? I can find more if you want to come back again," etc. Recognize that people can decide for themselves how much

they can handle. Watch for feedback signals.
Consider the right to know. How much of a facilitator should you be?
Should you encourage the inquirer to work with her stepmother since she informed her? Provide the names of referral sources.

SUMMARY BY PRESENTER: REITERATION OF GUIDELINES

1. DO NOT INTERPRET MEDICAL INFORMATION.

   For telephone reference, tell the patron you are reading the information; give the bibliographic citation for the source, including the year of publication. If the patron does not understand some of the terms used in the source, do not define them in your own words. Use a medical dictionary and again give the full bibliographic citation. Do not paraphrase or respond with a yes or no to a patron's paraphrase. Offer to send a photocopy of the material instead.

2. DO NOT GIVE MEDICAL ADVICE OR PROVIDE MEDICAL OPINION

   A patron may not be aware of what your role as an information provider is. Tell the patron you have no medical training--you are not a doctor. Explain that you may be able to find some written information to read, or suggest that the patron contact his/her own physician. Never give advice even though that is what a patron may be looking for.

3. DO NOT RECOMMEND A METHOD OR PROCEDURE OF TREATMENT

4. DO NOT RECOMMEND A DRUG OR AN ALTERNATIVE DRUG.

5. DO NOT PROVIDE A DIAGNOSIS.

6. DO NOT RECOMMEND A PARTICULAR PRACTITIONER.

   If a patron seems to be looking for a second opinion, you may want to refer him/her to the county medical society, which will provide the names of three physicians on request.

7. DO DESCRIBE YOUR ROLE, ITS LIMITATIONS, AND THE LIMITATIONS OF MEDICAL INFORMATION:

   You have no medical training and can give only information, not advice, opinion, interpretation, or diagnosis.
   Medical information becomes outdated very rapidly.
   Health information often requires interpretation by medical professionals.
   Accepted medical authorities sometimes disagree.
   Medicine is an art characterized by differing practices depending on the physician and other variables, such as the patient's history.
   Encourage the caller to talk with a physician.

HANDOUTS AND PRESENTATION SUGGESTIONS:

1. Malpractice definition (see Objective/Segment 1) can be projected or written on a display easel.

2. Guidelines which are summarized by the presenter can be reinforced by means of a handout.

3. Luella Allen's "Readings: Legal and Ethical Considerations in Providing Health Information" (see below) can be presented as a handout.

4. Trigger tape descriptive flyer, "The Difficult Reference Interview," (immediately following this section) can be used as a handout.

READINGS: LEGAL AND ETHICAL CONSIDERATIONS IN PROVIDING HEALTH INFORMATION

Compiled by Luella Allen, Head, Media Resources Center, Health Sciences Library, State University of New York at Buffalo

Allen, Luella S. "Legal and Ethical Considerations in Providing Health Information," in Rees, Alan M., ed., Developing Consumer Health Information Services, (New York: R.R. Bowker, 1982).

Charney, Norman, M.D., J.D., "Ethical and Legal Questions in Providing Health Information." California Librarian, 39 (January, 1978): 23-33.

"Ethical and Legal Issues in the Dissemination of Health Information to the Health Care Consumer." 2 audiocassettes (40 min.) Proceedings of a conference, Ellen Gartenfeld (CHIN Project) presiding. Audio Archives, One IBM Plaza, Suite 3302, Chicago, IL 60611.

Gerome, Leone. "Malpractice Liability of a Law Librarian?" Law Library Journal, 73 (Winter, 1980): 44-65.

Goldberg, Theodore. "Legal and Ethical Issues Involved in Health Education." Paper presented at Patient/Health Education: The Librarian's Role. Conference, Wayne State University, Division of Library Science, Detroit, Michigan, 48202. February, 1979.

Heitz, Thomas, "Legal Information vs. Legal Advice." Emergency Librarian 4 (1977): 20-21.

"Issues in Consumer Health Information." Audiocassette. Sara Jean Jackson and Dottie Eakin. Medical Library Association, Honolulu, Hawaii, June, 1979. Minute-Tape International, Inc., 10967 Palms Blvd., Suite 6, Los Angeles, CA 90034.

Mills, Robin K. "Reference Service vs. Legal Advice: Is It Possible to Draw the Line?" Law Library Journal 72 (Spring, 1979): 179-193.

A Patient's Bill of Rights, American Hospital Association, 1975, sec. 2; see G.J. Annas. The Rights of Hospital Patients. (New York: Avon Books, 1975): 25.

Pond, Fred. "Health Information for Consumers: The Emerging Role of Librarians." Paper submitted in Intellectual Freedom course, SILS, State University of New York at Buffalo, September, 1980.

Slovenko, Ralph, L.L.B., "Legal Dimensions of Library Service." Paper presented at Patient/Health Education: The Librarian's Role. Conference, Wayne State University, Division of Library Science, Detroit, Michigan, February, 1979.

IV. A. Appendix 1.

"The Difficult Medical Reference Interview"

LA I.
II
LIB III.

Trigger tapes simulate real life situations - the audience is on the spot! Tailor-made trigger tapes can address specific problems that need discussion. No big production budget is needed - just basic media skills, a video set up, and a little help from your friends.

This trigger tape was created to stimulate discussion by librarians of the questions -- legal, ethical, and attitudinal -- raised by library medical reference service. There are eight brief vignettes; each presents one or more problems of legal risk, information ethics, outside agency referral, or communication skill. The tape is ordinarily shown as part of a longer presentation called Guidelines for Answering Health/Medical Reference Questions.

Many librarians hesitate to provide reference dealing with health or medical information because they fear the legal consequences if the information is proven to be incomplete, outdated, misinterpreted, or misleading. Other sorts of reference information given out daily by libraries are sometimes all or some of the above, but medical information is rightly seen as being different - it could involve matters of life and death. The Guidelines point out that no "malpractice" action involving a library has ever appeared in court but describes precautions that should be observed in a prudent reference department to avoid legal risk. The Guidelines also address the special attitudinal barriers that exist between a librarian and a patron who seeks information on matters that may be private and frightening. The Guidelines discuss some of the interviewing skills developed in the counseling field, skills reference librarians can use to advantage. For many people the library is seen as another unpleasant aspect of their unpleasant educational experience. The librarian is seen as a stereotypical bluestocking with a vocabulary as confusing as a physicians. Librarians often have their own problems with self-image. As low-paid professionals in a society that measures status by the size of a paycheck, librarians have to be fairly resilient to resist questioning their own ability to provide really important information.

Given a chance to air their concerns, share their experiences, suggest alternatives, and apply the suggested guidelines to the situations presented in the tape, most librarians feel more confident in providing access for their patrons to the library's health/medical resources.

The videotaped vignettes raise questions about:

Providing too much information
Lack of sensitivity to a private concern
Rights of children to information
Assessing the level of information needed
Mistaking anxiety for a personal attack
Requests for physician recommendations
What to do when you have personal knowledge about a physician's ability
How "authoritative" are the sources?
How to handle a request for information on a life-threatening disease or condition
What to do when an overwrought patron breaks down emotionally

Inevitably other questions arise from these questions. This tape was produced in casual surroundings by amateurs using a SONY 3/4 " U-Matic videocassette player and black and white camera. It has been used in several presentations in New York State since it was produced in October 1982. It's effective in stimulating discussion, and evaluation forms rate it high in improving confidence to handle these questions. The tape is available for loan throughout the Greater Northeastern Regional Medical Library System and can be copied by anyone who would find it useful.

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B. EVALUATION OF A PUBLIC LIBRARY'S HEALTH INFORMATION SERVICE

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* Evaluation of a Public Library's Health Information Service

Lynn Yellott
Robert Barrier

ABSTRACT. Librarians at the Onondaga County Public Library in Syracuse, NY, conducted a study to assess the quality of their consumer health information services. They sought to evaluate the accuracy and currency of the medical information provided and to determine if they were able to distinguish an informational from a judgmental question. Patron characteristics and types of questions are analyzed. Several physicians served as evaluators regarding the accuracy of the information provided. The results indicate that the service is of a high quality and that public librarians are successful providers of health information.

For a number of years, librarians at the Onondaga County Public Library (OCPL) in Syracuse, New York, have answered medically-related questions in the same manner that they have responded to questions in other subject areas—that is, with concern for providing accurate information, not opinion. In 1978, reference librarians began noticing that a very small number of inquirers expected librarians to provide medical opinion and that more and more of the

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Mr. Robert Barrier is Director of Management Information Systems for Raven Systems and Research, Inc., a Washington-based company engaged primarily in governmental research and services. At the time the material for this article was being gathered, he was serving as computer scientist (and later Raven's project director) on a CDC-sponsored project to assess the role of libraries in providing health information.

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four to five specific health-related questions received daily involved relatively uncommon conditions not covered in library materials.

The concern for providing accurate information centered on the question: How well are OCPL librarians providing health and medical information? That concern became focused on two areas. OCPL librarians spearheaded the formation of the Consumer Health Information Consortium (CHIC), which is composed of health information providers from a number of local agencies and organizations. The development of CHIC and OCPL's health information services has been described elsewhere.[1,2] The concern for providing accurate information also led OCPL librarians to conduct a study of their health and medical reference service. This article will describe that study.

A description of OCPL and the Syracuse area may be useful prior to a discussion of the study and findings. OCPL, as one of New York State's twenty-two public library systems, serves as both a cooperative system for twenty independent suburban member libraries and as a consolidated system for the Central Library, eight branches, two satellite libraries located in neighborhood community centers, and a bookmobile. OCPL's service to branch and member libraries includes delivery service, technical services, printing and publicity, and consultant services.

Two Central Library departments, the Reference Department and the Fiction and Humanities (F&H) Department, participated in the study. Circulating health and medical material are housed in F&H. The subject areas of the two departments are the same, but they are located on separate floors.

Although one Reference Department librarian serves unofficially as a health information librarian, the health information services are fully integrated into routine departmental functions. In other words, all Reference as well as F&H librarians handle medically-related questions. Librarians consult with the health information librarian when necessary. At the time of the study, F&H staff numbered three librarians plus two whose time was divided among several departments. There are six librarians in the Reference Department who also staff a busy telephone reference service. Until 1982, the sole source of funding for the library's health information service was OCPL.

The Central Library, housed in a soon-to-be replaced 1902 Carnegie building in downtown Syracuse, serves both city and county residents. Onondaga County, including the city, is a metropolitan area of 463,000 people in a 793 square mile area. Although an urban-suburban pattern is predominant, outlying county areas are rural.

The area is well served by many governmental and voluntary health agencies. A veterans hospital, three community hospitals, and a medical center provide a wide range of health services. As could be expected, librarians have a large number of potential referral resources to draw upon to supplement OCPL materials. The Consumer Health Information Consortium members serve as the core of the referral network.

PRELIMINARY STUDY

Initially, the primary goal was to evaluate the accuracy and currency of the health and medical information provided by Central librarians. The study also sought to determine if the reference librarians were able to distinguish an informational from a judgmental question; if they recognized when a referral was needed; and if the referral made was appropriate.

In order to address these questions, reference librarians, in 1979, began documenting the medical inquiries and the responses that were provided. Several residents and faculty at a local Family Practice Residency Program were asked to review the documentation forms along with photocopies of the information given to the patron. The aid of a professor at Syracuse University's School of Information Studies was enlisted to help design the documentation and physician review forms. The process of documenting the questions and responses also provided the opportunity to gather data to characterize the nature of the health-related inquiries.

The 1979 study consisted of thirty questions that were documented by Reference Department librarians. Each documentation form along with a photocopy of the provided material was reviewed by two physicians. The documentation forms along with the physicians' comments were routed among reference staff. Although the data from this preliminary study were not formally analyzed, the process of reading over the forms and the physicians' comments helped reference librarians approach health information services more systematically. The physicians' comments and evaluations gave librarians confidence that they were providing current materials, that they were referring appropriately, and that they were able to distinguish an informational from a judgmental question.

In 1981, OCPL was awarded a subcontract from Raven Systems and Research, a private research firm which was under contract with the U.S. Department of Health and Human Services to study the relationship of libraries to health promotion. The subcontract enabled OCPL to further refine the forms and allot more time to expand and implement the study on a larger scale.

METHODOLOGY

Between May and August 1981, librarians in both the Reference Department and F&H completed documentation forms for the medical reference questions. Three forms were developed. A short form for uncomplicated questions was used if the librarian was short on time. A second form was used for in-person inquiries; and the third form was the telephone inquiries form which appears in Appendix 1.

Before the forms were finalized, feedback regarding their contents was sought from all librarians involved in the evaluation. Several meetings were held to orient librarians. To convince librarians to devote the required time to the study, it was important for all involved to have as much of a shared understanding of the form and process as possible. Because the librarians had agreed prior to the start of the study that it would be an effective way to learn where improvements were needed, and because they were involved in the decision-making, all were cooperative and supportive. The librarians suggested that guidelines for conducting the reference interview and for providing the information be incorporated into the form. The form, therefore, serves as an excellent teaching tool for new staff.

The rationale for some of the documentation form questions (see Appendix 1) follows. Questions 1 and 2 were included to illustrate the often dramatic difference between the initial and underlying question. The examples documented are very useful in orientation and in-service training sessions. Box 1 served as a reminder to help librarians elicit underlying questions. Many librarians initially felt uncomfortable probing for the underlying questions; they felt they were prying. It often took time for staff to realize that in order to answer the question most appropriately, it was necessary to determine the reason for the inquiry. The general questions listed in Box 1 often were sufficient to elicit more detail from the patron.

Questions 5, 6, 27, and 28 were included as a result of a concern expressed by one of the physician reviewers. He wondered if inquirers sometimes became upset by the information the library provided. Boxes II and III were intended to remind librarians of additional procedures. Question 11 was included to help reviewers of the form understand better the "flavor" of the question and interview and to suggest to staff ways of pursuing the question further. It also served to keep the librarian on the right track during the process of answering the question.

Questions 12-15 were intended to determine if the patron was expecting the librarian to exceed his/her role. The purpose of the last questions are self-explanatory. There was a problem regarding the data collected from 29, 30, and 31. Staff continued to respect the privacy and anonymity of callers. If the conversation did not reveal answers to these questions, librarians did not ask. In such cases, age guestimates were made.

It takes about 5 minutes to complete a telephone form. The librarians tried to complete questions 1-11 while talking on the telephone to the patron. In some cases, they found it necessary, however, to finish the entire form after the reference process was completed.

Contract staff photocopied the materials that librarians read or handed to patrons. Copies of the documentation forms along with copies of the provided information were mailed to physicians. Three board certified family doctors and one board certified internist were involved. The physicians were chosen because of their reputation for insuring that their own patients were well informed. Two of the physicians also serve on the CHIC advisory board. Their involvement in the study provided them with the opportunity to learn more about the nature of the questions received by the library. Each documentation form was reviewed by two of the doctors. They recorded their evaluations on Physician Review Forms (Appendix II) and returned their forms by mail.

RESULTS

The study was practice-oriented in nature. Consequently, its intent was to gather information for the OCPL reference librarians' use rather than as a formal research project. In this regard, the methodology was adjusted several times throughout the data-gathering phase in order to respond to concerns which surfaced during the collection period. This in no way affected the accuracy of the data, but it sometimes made its tabulation more difficult.

In essence, the goals of the study can be restated as answering the following three separate classes of questions.

1. How accurate was the medical information provided by the OCPL reference librarians? Was it up date? Was it understandable? In their effort to provide medical information, did the librarians stray into medical advice or diagnosis?
2. What kinds of patrons asked medically-related questions? Were they young or old? Male or female?
3. Finally, what kinds of questions were being asked of the librarians? Were those questions self-diagnostic in nature? Generalized? Disease-specific?

The issues related to the accuracy of the information provided by the librarians were assessed through the "Physician Review Form," described earlier. The other issues were addressed through the use of one of three "Health Questions" forms, filled out by the librarian who provided the reference material.

Accuracy of the Information Provided

As previously mentioned, two separate physicians rated the librarians' responses to medical questions. It was originally intended that a large number of questions and their responses would be submitted to both physicians so that their ratings of the information provided could be exhaustively compared. This did not prove feasible in practice, but in a separate in-house study it was shown that there was no significant difference between the two physicians' ratings. Consequently, all physician ratings, regardless of source, will be treated as a single group in this article.

In all, a total of 49 individual librarian *responses* were rated. It is possible for a librarian to respond to a single medical question by referring to several *sources*. Consequently 71 sources were rated in relation to the questions asked. Some of the items on the physician review form relate to overall librarian response; others to individual sources. In addition, the total number of ratings vary widely from item to item, since the physicians apparently felt under no obligation to respond to every item on the form. As a result, all items will be reported both in terms of absolute numbers and percentages.

Currency of sources. Physician rating of the *currency* of the sources used is given in Table 1. This is a response to the question "Is the information provided by the librarian (see photocopies) current?" In general, the physicians rated the sources provided by the librarians as highly accurate and current. Of the three sources which received the lowest rating:

1. One was related to the use of DMSO in the treatment of shingles. It was provided with two other sources which were very highly rated.
2. One related to a "now controversial" (physician's term) drug for pregnant women.
3. One related to an enzyme associated with heart attacks (CPK).

Accuracy of Information. The physicians' rating of the accuracy of detail in the source provided is summarized in Table 2. ("Is the information sufficiently detailed?") Again, the two physicians generally rated the sources provided as adequately detailed.

Neither of these items on the physician review form use the word "accuracy." However, both the rating scales refer to accuracy in one way or another. In fact, both probably have "accuracy" as an underlying concept. This is illustrated in Table 3.

In addition to rating each source individually, physicians were asked to respond to the following question: "Is the information misleading or inaccurate for any other reason?" This question, unlike the source rating scales, is directed at the overall response, rather than at specific sources. The results were rather surprising. While only 15% of the sources received less than the highest rating on currency and only 22% received less than the highest on detail, 35% of the overall responses were considered misleading or inaccurate for some other reason. Table 4 tabulates physician response to this item, and to the succeeding item: "If misleading, to what degree?" An examination of this combined table, plus a review of the physician's comments, suggest that the raters' reservations were primarily of the "Yes . . . But" variety. Physicians appeared to feel the sources were adequate, but still felt that more information could have been (and should have been) provided. This hypothesis is supported by one of the two remaining physician rating items which will be addressed here.

Physicians were asked to respond to two other items relating to the librarians' providing health information. In the first, the physicians were asked to "suggest a better or additional printed source." In only six out of 49 cases was an additional source named. Physi-

TABLE 1

PHYSICIAN RATING OF SOURCE CURRENCY

	Scale Rating	Number	Percent
Yes	5	60	85
	4	3	4
Slightly Outdated, but Not Misleading	3	3	4
	2	2	3
No. Outdated, Misleading or Inaccurate	1	3	4
TOTAL		71	100

TABLE 2

PHYSICIANS' RATING OF SOURCE DETAIL ADEQUACY

	Scale Rating	Number	Percent
Yes. Sufficiently Detailed	5	53	78
	4	3	4
Somewhat Sketchy. Slightly Misleading	3	7	10
	2	3	4
Very Oversimplified, Misleading, Inaccurate	1	2	3
TOTAL		68	100

TABLE 3

COMPARISON OF RATINGS OF SOURCES ON CURRENCY AND DETAIL

	Number	Percent
Sources Rated the Same on Both Scales	45	70
Source Ratings Differ by 1 Point	11	17
Source Ratings Differ by 2 Points	6	10
Source Ratings Differ by 3 Points	2	3
Source Ratings Differ by 4 Points	0	0

TABLE 4

PHYSICIANS' RATING OF THE OVERALL ACCURACY OF THE LIBRARIAN'S RESPONSE

		Number	Percent
Not Misleading		30	65
Misleading		16	35
Only Slightly Misleading	5	2	4
	4	0	0
Somewhat Misleading	3	6	13
	2	2	4
Very Misleading or Inaccurate	1	0	0
No Response on "Degree" Question	-	6	13

cians frequently suggested "a good endocrinology textbook" or made statements such as "A hospital pharmacist should have some literature on this drug," but they seldom made specific suggestions for specific articles or books. This suggests again that the raters have a vague feeling that the librarian can do better, but they (the raters) are unable to suggest how.

The two physicians were quite unequivocal, however, in response to the last item. There has been considerable controversy as to whether librarians, in responding to medically-related questions, are overstepping their limits as information providers. Consequently the physicians were asked: "Do you feel that there is any indication that the librarian exceeded her role by providing opinion, advice, or diagnosis?" In *every single case* the physician raters replied "no" to this question. It would appear that these librarians did not overstep their bounds in this regard. Moreover, the overall evidence is that the librarian, in answering health-related questions, is highly unlikely to usurp the physician's role if that librarian provides information only, from generally recognized medical sources.

Issues Relating to Patron Characteristics

The data collection form provided as Appendix 1 is only one of several used in the ongoing development of this study. All, however, were used to collect essentially the same information. For various reasons, however, not all information was tabulated. For

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example, questions 8-10 relating to patron satisfaction were not tabulated because (1) the use of repeated "rounds" of providing information was apparently unclear to the librarians using the form, and (2) the six response levels do not represent a continuum, and consequently cannot be usefully quantified. Similarly, questions related to referral were not tabulated for this article, since the focus of this article is on the direct provision of information. With this in mind, there are three major characteristics of patrons asking health-related reference questions which are of interest to a practicing librarian. They are: (1) the demographics of the patrons, (2) the emotional state of persons asking health-related questions, and (3) the likelihood that patrons will be attempting self-diagnosis or asking medical advice, as opposed to medical information.

Demographics. Table 5 tabulates the observable demographic characteristics of the patrons. Patrons asking health questions were more than twice as likely to be female than male. Over a third of all patrons asking health-related reference questions were females of child-bearing age. This is consistent with casual observations by reference librarians at several other sites which handle large numbers of health-related reference questions.

Patron's emotional state. As has been suggested earlier, there was some concern that the answers provided by the librarian would agitate the patron. This did not appear to be the case, despite the fact that 56% of the inquirers (48 out of the 87 questions where a reason could be determined) had a personal interest in the information. The questions related to their own medical condition or that of a friend or relative. Both before and after the reference interview, the librarian made an estimate of the patron's degree of courtesy and degree of agitation. This was recorded on five-level scales with *A* corresponding to "Polite" and "Calm" and *E* corresponding to "Rude" and "Agitated."

For the purpose of tallying, the transitions of scale-pairs were rated. Thus a person who originally was rated "C" on a scale and was rated "A" on the same scale after the interview would be recorded as "C-A." There are 25 possible pairs on each scale. However, only a few occurred in real life. Those pairs, and their frequency, are listed in Tables 6 and 7. The data indicate that (1) almost all patrons are courteous and calm when they ask health-related questions, and that the information they receive is unlikely to change their outward state of mind as observed by the librarian.

Self-diagnosis. Librarians answering health questions were asked to make a determination whether a patron was attempting self-diagnosis or asking a question requiring a medical opinion. This was both a training mechanism for the librarians and an attempt to determine what percentage of patrons (if any) was attempting to use the library in lieu of the service of a physician. Frequently the librarian was unable, due to the patron's desire for privacy, to make a determination; but in those cases where a determination was made, the results were:

- Seeking self-diagnosis, treatment, or medical opinion—4
- Not seeking self-diagnosis, treatment, or medical opinion—62

Clearly, librarians seldom felt that patrons were attempting self-diagnosis or seeking medical advice. However, patrons do ask extremely detailed and specific medical questions. The last part of this paper will address this issue.

Question Types

No attempt was made to preclassify patron questions. Instead each question was recorded insofar as possible in the patron's own words. Where necessary, the question was refined in order to assist the librarian in the reference search. This refinement technique has been discussed earlier.

TABLE 5

AGE AND SEX OF PATRONS ASKING HEALTH-RELATED QUESTIONS

	Sex			
	Female		Male	
Age	Number	Percent	Number	Percent
0-11	0	0.0	0	0.0
12-18	4	2.5	1	0.6
19-39	55	34.2	23	14.3
40-60	40	24.8	14	8.7
61+	14	8.7	10	6.2
TOTAL	113	70.2	48	29.8

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In order to categorize questions, two independent persons, working with no predefined categories, were simply asked to "classify" the questions. The categories developed and the numbers placed in each category were remarkably similar. Rather than attempt a third-round consensus grouping, the two sets of categories were simply combined and averaged. The results are tabulated in Table 8.

There are, of course, problems with any classification system such as this. For example, the question "Is insulin an accepted treatment for diabetes?" could conceivably be put in at least 3 categories. In fact, the choices are somewhat easier. The following rules were used:

TABLE 6

LIBRARIAN'S PERCEPTIONS OF PATRON TRANSITIONS: CALM/AGITATED

Scale-Pairs	Number	Percent		Number	Percent
A-A	39	76.5			
B-B	7	13.7	No Change	46	90.2
C-B	1	2.0			
C-A	1	2.0	Improvement	2	3.9
A-B	1	2.0			
A-C	1	2.0			
A-D	1	2.0	Deterioration	3	5.9

Calm (A)----------Agitated (E)

TABLE 7

LIBRARIAN'S PERCEPTIONS OF PATRON TRANSITION: COURTEOUS/RUDE

Scale-Pairs	Number	Percent		Number	Percent
A-A	45	88.2			
B-B	2	3.9	No change	47	97.2
C-B	2	3.9	Improvement	2	3.9
B-A	1	2.0			
A-D	1	2.0	Deterioration	2	3.9

Courteous (A)----------Rude (E)

TABLE 8

CATEGORIES OF PATRON QUESTIONS

Category	Number	Percent
Specific Disease Related	90	47
Drug Information	40	21
Doctor/Hospital Referral	17	9
General Information	12	6
Diagnostic/Treatment Techniques	10	5
Perinatal	8	4
Other	13	7

1. If a specific disease was mentioned (from "back pain" to "multiple sclerosis"), the question was considered disease-related. In most cases very specific diseases were mentioned, often by their clinical names.
2. If a specific drug was mentioned in the absence of a named disease, the question was considered drug-related. These questions ranged from quite specific ("What are the side effects of Diazide?") to rather general ("What is Thorazine used for?"). In addition, requests to see the *Physician's Desk Reference (PDR)* were treated as drug-related in the absence of other classification information.
3. Diagnostic/Treatment techniques was only used as a category if no disease or drug was mentioned. For example, a patron's asking for information on open heart surgery would be placed in this category.

Regardless of the specific categorical details, however, one fact stands out: The great majority of the questions are specific-disease or drug related. This is even more obvious when one actually reviews the questions. Patrons ask about cancer, heart disease, gout, arthritis, terbutaline, digoxin, acne rosacea, poison ivy, indocin, granuloma, and a host of other very specific diseases and drugs. While the questions seldom so state specifically, they often

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appear to be the direct result of a treatment prescribed by or a diagnosis given by a physician. Judging by the questions, patrons frequently appear to be trying to understand a physician's diagnosis in terms meaningful to them.

SUMMARY

In summary, the study conducted at the Onondaga County Public Library suggests that library patrons do recognize the public library as a legitimate source of medical information. In coming to the library, they frequently ask detailed questions of a disease-specific nature. Seldom, however, are the patrons attempting to supplant the physician's role. The questions suggest that they are often trying to supplement the information which they have already gotten from a doctor.

This study suggests that public librarians are quite successful as providers of health-related information. They do not overstep the boundary between information-giving and providing advice; the information they provide is generally considered by physicians to be current; and they are able to respond to a wide variety of highly technical medical questions without endangering the health of anyone.

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2. Yellott, Lynn. *Onondaga County Public Library's Consumer Health Information Services and the Consumer Health Information Consortium.* Atlanta: Community Program Development Division, Center for Health Promotion and Education, Centers for Disease Control, U.S. Dept. of Health and Human Services, 1981.

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APPENDIX 1

HEALTH QUESTIONS - Telephone

Date__________

Dept. __________________

1. INITIAL QUESTION

Box 1

REFINEMENT PROCESS (check ( ) any used)

__ Are you looking for specific information or do you want general information on the disease and/or how to cope with it?
__ If you can tell me why you need this information, I can provide better help.
__ Are you doing a paper?
__ Is this something you read about?
__ Where did you hear about this?
__ Can you tell me more?
__ Can you be more specific? __ Other

2. REFINED QUESTION

3. REASON(S) FOR PATRON'S INQUIRY (if determined)

___A. Report or paper.
___B. Own disease or treatment.
___C. Disease or treatment of immediate family member.
___D. Disease or treatment of friend/non-immediate family member.
___E. To ask medical professional more intelligent question(s).
___F. To obtain clarification after speaking with medical professional.
___G. To verify medical professional's information/advice.
___H. In response to a media report.
___I. Patron did not want to bother medical professional.
___J. To reduce anxiety (patron expressed worry).
___K. General information.
___L. Other (specify).
___M. Spelling/stenographic,simple definition only.
___N. Address.
___O. Could not determine.

4. PATRON WANTS:

___A. Brief background information.
___B. Extensive information.
___C. Don't know.

Appendix 1 Continued

5-6.. ASSESSMENT OF PATRON'S EMOTIONAL STATE AT BEGINNING OF CONVERSATION?

5. Calm A B C D E Agitated
6. Courteous A B C D E Rude

Box II

ARRANGE CALL-BACK

AFTER CALL-BACK, EXPLAIN:

A. LIMITATIONS OF YOUR ROLE
  1. You have no medical training; can give only information, not advice, opinion, interpretation, or diagnosis.
B. LIMITATIONS OF MEDICAL INFORMATION
  1. Becomes outdated very rapidly.
  2. Health information often requires interpretation by medical professional.
  3. Accepted medical authorities sometimes disagree.
  4. Medicine is an art characterized by differing practices depending on the physician and other variables such as patient's history.

ENCOURAGE CALLER TO TALK WITH PHYSICIAN.

7. DID YOU CONVEY BOX II CONCEPTS?

___A. Yes ___B. No

Box III

TELL PATRON: AUTHOR, TITLE, PUBLICATION DATE OF MATERIAL PROVIDED.

TRY TO USE AT LEAST 2 SOURCES.

If we have sufficient materials or if the information you provide is technical, encourage patron to come in.

Consider offering to send a photocopy to branch or member library for patron to pick up.

8-10. ASK PATRON: "DOES THIS ANSWER YOUR QUESTION(S)?"

	YES	NO	PATRON UNCERTAIN	UNABLE TO ELICIT RESPONSE
8. Round 1	A B	C D	E	F
9. Round 2	A B	C D	E	F
10. Round 3	A B	C D	E	F

11. DID YOU (CHECK APPROPRIATE RESPONSE(S)?

___B. Repeat anything?
___C. Provide a definition of unfamiliar term(s)?
___D. Provide additional information?
___E. Rephrase any material?

___F. Make a referral (other than to patron's own physician) or consult with another dept./agency?
___G. Encourage patron to speak to his/her own physician?
___H. Offer to send a photocopy?
___I. Provide other response to achieve clarity? Describe.

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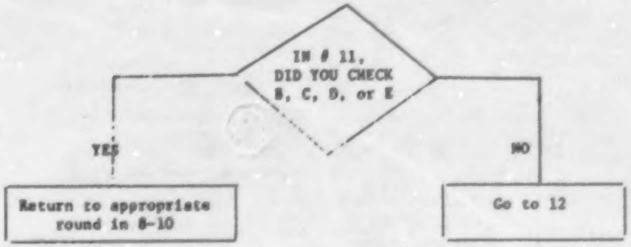
Appendix 1 Continued

___J. Have insufficient time to continue search?
___K. Conclude patron lacked ability to understand?
___L. Conclude patron would be dissatisfied, regardless of your efforts?
___M. Conclude patron was asking you to provide opinion, advice, interpretation, or diagnosis?


IN # 11, DID YOU CHECK B, C, D, or E
YES
NO
Return to appropriate round in 8-10
Go to 12

POST INTERVIEW

12. DID PATRON SEEM TO BE ASKING YOU FOR OPINION, ADVICE, DIAGNOSIS, OR INTERPRETATION?

___A. YES ___B. NO ___C. NOT SURE

13. DID PATRON SEEM TO BE TRYING TO VERIFY MEDICAL EXPERT'S ADVICE, DIAGNOSIS, OPINION FROM LIBRARY MATERIALS?

___A. YES ___B. NO ___C. NOT SURE

14. DID PATRON SEEM TO BE ATTEMPTING TO DECIDE ON TREATMENT(S) OR ACTION(S) (whether to see a physician; to get a second opinion; etc.) BY CONSULTING LIBRARY MATERIALS?

___A. YES ___B. NO ___C. NOT SURE

15. WAS PATRON ATTEMPTING SELF-DIAGNOSIS OR SELF-TREATMENT?

___A. YES ___B. NO ___C. NOT SURE

16. WHAT TYPE(S) OF ASSISTANCE DID YOU PROVIDE?

___A. DIRECTION. Directed patron to shelf or card catalog; and/or provided materials that patron asked for by name.

___B. READY REFERENCE. Provided brief card catalog assistance; and/or provided information which was at your fingertips.

___C. GENERAL REFERENCE. Used indexes; and/or made referral or consulted with another dept./agency; average-type reference question.

___D. RESEARCH. Exhaustive search, either conducted by you or by patron who consulted with you frequently. Very time-consuming; sources were difficult to find.

___E. DATA BASE SEARCH

17. DID PATRON INDICATE S/HE HAD ALREADY INQUIRED AT:

Another library dept.? ___A. No ___B. Yes (indicate dept.)_____
An outside agency? ___C. No ___D. Yes (indicate agency)_____
Patron did not indicate. ___E.

Appendix 1 Continued

18. DID ANOTHER DEPT./AGENCY REFER PATRON TO YOUR DEPT.?

____A. No

____B. Yes (name dept./agency)

____C. Don't know

19. IF YOU READ MATERIAL OVER THE TELEPHONE:

List call number, author, title, page number, along with enough information to identify passage provided so photocopies can be made.

20. WHAT TYPE(S) OF MATERIAL(S) DID YOU PROVIDE?

____A. Books

____B. Pamphlets

____C. Periodicals/Articles

____D. A-V

21. DID YOU MAKE A REFERRAL OR CONSULT WITH ANOTHER DEPT./AGENCY?

____A. No. (Go to 24)

____B. Yes. To supplement our materials which seemed reasonably adequate, but patron wanted as much information as possible on the subject.

____C. Yes. We had little or no information on the subject.

____D. Yes. The patron was seeking medical opinion (diagnosis or medical advice (wanted to know what to do).

____E. Yes. The information provided required medical interpretation or patron was unable to understand it.

22. NAME OF REFERRAL SOURCE(S):

23. DID YOU CONTACT REFERRAL RESOURCE FIRST TO DETERMINE IF THEY COULD HELP?

____A. Yes
____B. No
____C. No. Was certain resouce could help.

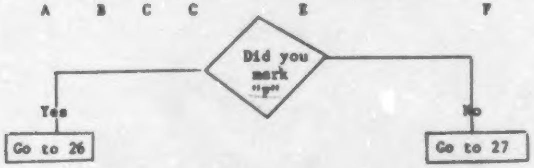
24. DO YOU THINK YOUR DEPT. NEEDS ADDITIONAL MATERIALS IN THIS SUBJECT AREA?

____A. Yes
____B. No
____C. Unsure

25. PATRON INDICATED WHAT DEGREE OF SATISFACTION WITH MATERIALS AND/OR REFERRAL:

SATISFIED DISSATISIFIED PATRON UNSURE PATRON DID NOT INDICATE

A B C C E F



Appendix 1 Continued

26. YOUR SUBJECTIVE ASSESSMENT OF PATRON SATISFACTION:

SATISFIED DISSATISIFIED UNSURE

A B C D E

27-28. ASSESSMENT OF PATRON'S EMOTIONAL STATE AT END OF CONVERSATION:

27. Calm A B C D E Agitated

28. Courteous A B C D E Rude

29. AGE OF PATRON

____A. -11
____B. 12-18
____C. 19-39
____D. 40-60
____E. 61+

30. PHYSICALLY HANDICAPPED

____A. Yes
____B. No

31. ____A. Black
____B. Hispanic
____C. Native American
____D. Oriental
____E. Not a minority

32. GENDER

____A. Female
____B. Male

33. LIBRARIAN (Optional)____________________

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APPENDIX 2

Form #____________ Physician____________________

PHYSICIAN REVIEW FORM

Please note: Librarians have documented each health-related inquiry on one of three different types of forms: SHORT FORM, WALK-IN FORM, or TELEPHONE FORM. Please review each form along with the attached photocopies of material that the librarian provided to the inquirer and respond to the following questions.

I. LIBRARY MATERIALS EVALUATION

Please read responses

3 and 5 on the SHORT FORM or
1 and 3 on the WALK-IN FORM or
1 and 2 on the TELEPHONE FORM

1. Is the information the librarian provided (see photocopies) current?

Source	Yes		Slightly out-dated but not misleading		No. Outdated, misleading, or inaccurate
A.	5	4	3	2	1
B.	5	4	3	2	1
C.	5	4	3	2	1

2. Is the information sufficiently detailed?

Source	Yes	Slightly oversimplified but not misleading	Somewhat sketchy, slightly misleading		Very over-simplified, misleading, or inaccurate
A.	5	4	3	2	1
B.	5	4	3	2	1
C.	5	4	3	2	1

3. Is the information misleading or inaccurate for any other reason?

_____A. No (go to 5)
_____B. Yes (go to 4)

4. If misleading or inaccurate, to what degree?

Source	Only slightly		Somewhat		Very misleading or inaccurate
A.	5	4	3	2	1
B.	5	4	3	2	1
C.	5	4	3	2	1

Please explain:

5. Please suggest a better or additional printed source. Please explain if it should be used in addition to sources the librarian used or instead of them?

Appendix 2 Continued

6. Do you feel there is any indication that the librarian exceeded her role by providing opinion, advice, or diagnosis?

____A. Cannot determine from questionnaire.

____B. No

____C. No, if librarian explained limits of her role and the limits of medical materials, she stayed within the boundaries of her role.

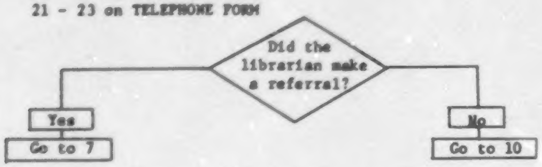
____D. Yes, librarian should have recognized that in order to provide the information, she was forced to make a medical judgment and therefore exceeded the limits of her role. Please describe the type of judgment (diagnosis, advice, interpretation, opinion). Please amplify and be as detailed as possible.

____E. Yes, for the following reason:

II. REFERRALS TO OTHER INFORMATION SOURCES.

Please refer to responses

9.1 and 9.2 on SHORT FORM or
22 - 24 on WALK-IN FORM or
21 - 23 on TELEPHONE FORM



7. If the librarian also provided information from library materials, should the referral have been made

____A. Instead of providing the materials?

____B. In addition to the library materials?

____C. N.A.

8. Was the referral to an appropriate source?

____A. Yes

____B. No (explain)

9. Please suggest an additional referral source: (then go to number 11).

10. Should the librarian have made a referral?

__A. No

__B. Yes, instead of providing library materials. Suggested referral:

__C. Yes, in addition to providing library materials. Suggested referral:

__D. Don't know.

11. Please note additional observations, comments, etc.

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C. DATA BASE CREATION PRODUCTS

1. NAMES OF PAMPHLET FILE BOXES/FOLDERS AND VERTICAL FILE FOLDERS IN ONONDAGA COUNTY PUBLIC LIBRARY'S CONSUMER HEALTH INFORMATION MICROCOMPUTER DATA BASE

"PF Box R______" refers to the folders that are housed in a Princeton Box, given the indicated Dewey Number, and shelved with the reference books.

"VF" refers to folders that are not part of a box; VF folders are housed in a vertical file cabinet with other Reference Department pamphlet files.

ADOPTION AND FOSTER CARE--VF

ALCOHOLISM--PF Box R613.8
Folders:
1. General Information
2. Bibliographies
3. Family and Parents
4. Women
5. Women
6. Occupational or Industrial
7. Treatment, Rehabilitation

ALLERGY--VF

BIRTH DEFECTS AND GENETIC DISEASES--VF

BLOOD--VF

BONES, JOINTS AND INFLAMMATORY DISEASES--PF BOX R616.72

1. General on Bones
2. General on Arthritis and Rheumatism
3. Arthritis Treatments and Quackery
4. Back Pain and Scoliosis
5. Lupus, Scleroderma and Sarcoidosis
6. Osteogenesis Imperfecta

CANCER--PF BOX R616.994

1. General Information, Cancer Statistics, Miscellaneous
2. Types of Cancer
3. Leukemia and Lymphoma
4. Nutrition or Diet and Cancer
5. Environmental and Other Causes
6. Treatments
7. Laetrile
8. Psychological Effects and Coping
9. Bibliographies and Sources of Information

CHILD ABUSE--PF BOX R364.15

1. Family and Parents
2. Child Protective Services and the Law
3. Bibliographies
4. Research, Reports, Statistics
5. Professional Services
6. Types of Abuse
7. Community Services

CHILDREN--HEALTH, CARE AND RAISING--PF BOX R618.92

1. Miscellaneous
2. General Information and Child Care
3. Breast Feeding and Nutritional Care
4. Hyperactive Child
5. Childhood Diseases
6. Learning Disorders
7. Reye's Syndrome
8. Immunization, Rubella, Mumps
9. Automobile Safety
10. Other Safety, Lead Poisoning, Toys

DEATH AND DYING--PF BOX R616.07

1. Death: Definition and General Information
2. Right to Die; Euthanasia, Wills and Living Wills
3. Grieving; Help for Widowed
4. Death and Grieving: Helping Children Cope
5. Terminal Care; Hospices
6. Bibliographies

DENTAL CARE--VF

DES--VF

DIGESTIVE SYSTEM DISEASES--PF BOX R616.3

1. Miscellaneous Digestive Diseases
2. Ostomy
3. Colostomy
4. Ileostomy
5. Urostomy and Ureterostomy
6. Sources of Information

DOMESTIC VIOLENCE--VF

DRUG ABUSE--PF BOX R613.83

1. General Abuse and Inhalants
2. Stimulants--Cocaine, Amphetamines
3. Marijuana
4. LSD, Peyote, Mescaline, Hallucinogens
5. Depressants--Barbiturates, PCP, Sedatives
6. Pamphlets for Parents or Educators
7. Treatment, Prevention and Law Enforcement
8. Opiates, Heroin
9. Bibliographies

DRUGS AND MEDICATION--PF BOX R615.1

1. General--Prescription and Non-Prescription
2. DSMO
3. Dieting Aid
4. Drug Interactions--Food and Drug
5. Generic Drugs--Therapeutic Equivalent
6. Medical Uses of Marijuana

Notebook (NK) Brief Descriptions of Individual Drugs

EAR, NOSE AND THROAT--VF

ELDERLY--PF BOX R301.43

1. Bibliographies
2. Health
3. Employment
4. Programs, Agencies; Legislation to Assist Elderly
5. Population Characteristics

EYES AND VISION DISORDERS--VF

GENETICS--VF

HANDICAPPED PERSONS--PF BOX R362.4

1. Handicapped Persons--General Information
2. Blind and Visually Impaired Persons
3. Deaf and Hearing Impaired Persons
4. Daily Living
5. Accessibility
6. Education
7. Employment
8. Rights and Legislation
9. Rehabilitation

HEALTH EDUCATION--PF BOX R613.07

1. Health Education--General Articles and Research
2. Health Education/Promotion Programs in the Community; Risk Reduction Programs
3. Health Education in Schools
4. Patient Eduction in Hospitals
5. Evaluation of Health Education Programs
6. Resources for Health Educators
7. Health Education--Bibliographies
8. Health Fairs

HEALTH INFORMATION SERVICES--PF BOX R025.066

1. Consumer Health Information Projects
2. Health Information Services--General Articles
3. Health Information Services: Library's Role
4. Health Information Services: Legal and Ethical Issues

HEALTH INSURANCE, MEDICARE, MEDICAID: DELIVERY, FINANCING, COSTS OF MEDICAL CARE--PF BOX $368,382

1. Medicare, Medicaid, Health Insurance: Consumer Guides
2. Status, Delivery, Costs and Financing of Medical Care: General and Miscellaneous
3. Status, Delivery, Costs and Financing of Medical Care: Medicaid, Medicare

HEART DISEASE, BLOOD PRESSURE, STROKE--PF BOX R616.12

1. General: Normal Health and Heart Diseases
2. Hypertension
3. Angina
4. Risk Factors for Heart Disease
5. Stroke
6. Heart Attack
7. Artificial Heart; Pacemaker, Surgery; Miscellaneous

HUMAN SEXUALITY--PF BOX R613.9

1. Sexual Education
2. Sterilization
3. Teenage Pregnancy
4. Abortion
5. Sexual Disorders
6. Birth Control Methods
7. Homosexuality

INFECTIOUS DISEASES--PF BOX R616.92

1. Miscellaneous Diseases
2. Herpes
3. Gonorrhea
4. Other Sexually Transmitted Diseases
5. Influenza and Common Cold
6. AIDS

KIDNEY AND UROLOGICAL DISEASES--VF

LUNGS AND RESPIRATORY DISEASES--VF

MEDICAL CARE--PF BOX R610

1. Choosing and Using Medical Practitioners
2. Prepaid Health Plans
3. Clinics; "Recommended" Specialists
4. Medical Advances
5. Patient's Rights; Access to Medical Records
6. Medical Misconduct and Malpractice
7. Quackery
10. Consumer Health Information/Advocacy Resources

MEDICAL TESTS--VF

MENTAL HEALTH--PF BOX $616.89

1. General on Mental Health
2. Stress
3. Depression
4. Anorexia Nervosa and Bulimia
5. Facilities and Community Mental Health
6. Psychotherapy and Treatments

MENTAL RETARDATION--VF

NERVOUS SYSTEM DISEASES--PF BOX $616.8

1. Miscellaneous Pamphlets
2. Cerebral Palsy
3. Muscular Dystrophy
4. Multiple Sclerosis
5. Amyotrophic Lateral Sclerosis--Lou Gehrig's Disease
6. Parkinson's Disease
7. Pain, Headache, Migraine
8. Dementias--Organic Brain Syndrome
9. Brain and Spinal Cord

NURSING HOMES--VF

NUTRITION AND FOOD COMPOSITION--PF BOX R613.2

1. General Pamphlets
2. Sources of Information
3. Food Content, Food Composition and Nutritive Value
4. Vitamins and Minerals
5. Natural Foods and Fibers
6. Food Additives

OCCUPATIONAL SAFETY AND HEALTH--PF BOX R363.11

1. Index
2. through 21. Hazardous substances
22. Hazardous Physical Environment
23. Hazards Listed by Trade or Industry
24. Regulations, Workers' Rights, Union Activities
25. Protective Equipment
26. Occupational Diseases
27. Occupational Cancer
28. Agencies, Information Sources, Bibliographies

ORGAN DONATIONS--VF

PHYSICAL FITNESS AND WEIGHT CONTROL--PF BOX R613.7

1. Obesity
2. Dieting and Calorie Control
3. Special Reducing Diets, Aids and Devices
4. Exercise and Training
5. Sports Medicine, Sources of Information

PREGNANCY AND CHILDBIRTH--PF BOX R618.2

1. General Pamphlets on Pregnancy
2. Prenatal Testing, Prenatal Care, Fetal Monitoring
3. Drugs, Alcohol, Caffeine During Pregnancy
4. Infertility; Pregnancy Complications
5. Midwifery
6. Alternative Delivery
7. Cesarean Section
8. Bibliographies

SAFETY--PF BOX R614.85

1. General Information
2. Household Poisons
3. Fire and Burn Treatment
4. First Aid

SKIN DISEASES--VF

SPEECH AND LANGUAGE DISORDERS--VF

SUDDEN INFANT DEATH SYNDROME--VF

SUICIDE--VF

SURGERY AND ANESTHESIA--VF

THERAPEUTIC DIETS--VF

TOBACCO AND SMOKING--VF

TOXIC SHOCK SYNDROME--VF

TOXIC SUBSTANCES, RADIATION AND WASTE DISPOSAL--PF BOX R615.9

1. Toxic Wastes
2. Dioxins (Dioxin)
3. Nuclear Wastes Disposal
4. Radiation Hazards
5. Nuclear War
6. Solid Waste Disposal

WELLNESS: ALTERNATIVES TO TRADITIONAL MEDICINE--PF BOX R615.5

1. Self-care and Healthy Lifestyles
2. Holistic Health
3. Osteopathy
4. Homeopathy
5. Hypnosis
6. Acupuncture
7. Vegetarianism
8. Miscellaneous

WOMEN AND HEALTH--VF

2. DESCRIPTION OF SPECIALIZED PRODUCTS AVAILABLE UPON REQUEST

Additional specialized products were developed during the creation of the data base. They are available upon request from OCPL and include the following:

a. Guidelines for indexing health-related pamphlets. The guidelines explain, in detail, the process of choosing indexing terms. They also prescribe types of indexing formats to insure consistency among indexers. Although the guidelines refer to health-related materials, they may be useful to those creating daga bases in other subject areas.

b. Hardware specification. Because Onondaga County required that the hardware be purchased through the competitive bidding process, detailed hardware specifications were written.

Onondaga County Public Library

Robert P. Kinchen
Director

335 Montgomery Street
Syracuse, NY 13202

MEMO

ACTION # 589

TO: Branch and Member Libraries

FROM: Lynn Yellott
Medical Information Pilot Project
Reference Department, Central

RE: Medical Traveling Collection

The traveling collection of health and medical books is gearing up. Each of the two identical collections will contain approximately fifty books. Although both reference and circulating-type books are included in the collection, the books are for in-library use only. (In many cases, circulating copies may be available at your library or another OCPL library.)

Host libraries can request a display book truck and a free-standing bulletin board to accompany the collection. Each requesting library can host the display for five weeks. Delivery and pick-up will be on a Thursday.

Multiple copies of an annotated list of the books on display as well as copies of CHIC bibliographies and a sampling of health-related pamphlets will be provided. Community Services will prepare a press release and posters to help you promote the exhibit.

Please complete the attached form and return it to me by 6/30/82.
I will schedule the collection as soon as I have received all the forms.

A list of ideas for possible health-related programs that you might be interested in scheduling to complement the traveling collection is attached. If you have other program ideas and need help identifying resource peiple, please give me a call. Several potential resource people expressed concern about boosting attendance at library programs and suggested that a program held concurrently with story hour might capture a larger

(over)

audience. Perhaps this idea is worth considering . . . Please let me know if you plan to present one of the programs listed.

If you are interested in programming jointly with a nearby library and want to host the collection during the same time period, please indicate this on the form.

If you would like the traveling collection to include books on health-related topics that are not on the attached list, please feel free to reserve them or request them on interlibrary loan for the period the collection will be at your library. I will be glad to recommend titles.

Enclosure

6/18/82

Name______________________________ Library___________________________

1. When do you prefer to host the collection (indicate preferences: 1,2,3,4, 5,6). Put an X by the time period(s) you definitely do not want the collection.

______ August 5 - Sept. 9

______ Sept. 9 - Oct. 14

______ Oct. 14 - Nov. 18

______ Nov. 18 - Dec. 23

______ Dec. 23 - Jan. 17 (1983)

______ Jan. 27 - March 3

______ March 3 - April 7

______ April 7 - May 12

______ May 13 - June 16

______ June 16 - July 21

______ July 21 - August 25

______ August 25 - Sept. 29

______ Sept. 29 - Nov. 3

______ Nov, 3 - Dec. 8

2. Do you want to host the collection at the same time it is hosted by another library? Indicate name of the other library______________________________.

3. Do you need the display book truck? ____________________

   Do you need the free-standing bulletin board? ________________

4. Would you like a colorful display of 1 or 2 items for wheelchair users: a lap robe and handy bag? If there is enough interest, Cooperative Extension will design and provide the display which complements the Clothing for Independence Notebook (see list of traveling collection materials).

5. Would you like me to provide an orientation to your staff which would highlight the books, describe Central's health information services and CHIC, and explore the guidelines for pitfalls of answering health-related questions?

Health-Related Program Ideas

PROGRAM	RESOURCE
1. Speak Up; Talk to Your Health Expert Film or tape with physician-led discussion.	Call Lynn Yellott at 473-2794, or 473-4491 for resource people.
2. What is holistic health?	Jo Anne Cocciole, RN, Center for Holistic Living, 471-4564.
3. Medical self-care--what you can do for yourself; when to call a physician.	Jane Guiles, RN, Coordinator of Staff Health Education, Crouse-Irving Hospital, 470-7801.
4. Hypertension screening, glaucoma screening. This might be done in conjunction with another program or as part of a mini health fair.	Contact Lynn Yellott for names of contact people.
5. Health screening: How often are general physicals needed? How to determine what warrants a doctor's attention--when and when not to call. Warning signs of cancer. Family involvement--the role of the patient's family. Dr. Barasz will consider a variety of medical topics you might want to explore.	Denise Barasz, MD at Central Square Health Center, 668-1621. Leave message; she will return your call.
6. Panel discussion on home births. Panelists to include a representative from Advocates Choices in Childbirth, a hospital-based midwife, and a medical professional who feels home births pose a danger.	Sue Jarboe, Advocates, 422-3555; Elaine Mielcarski, midwife, 422-2222; Denise Barasz, MD, 688-2621, or call Lynn for names of other physicians.
7. Hospital-based midwifery: Daughters of Time (film about midwifery).	Elaine Mielcarski, 422-2222.
8. Can there be vaginal birth after caesarean? Panel discussion with diverse viewpoints.	Barb Settel (Caesarean Prevention Group), 677-9217, or leave message at 423-2911. For name of a physician with a different point of view, call Lynn.
9. Hazards of today's sexual freedom.	Bill Goettel, RN, of "Groinecology" radio program fame (See Syracuse New Times article, April 28, 1982), 423-2668, Wednesday mornings.
10. Communicating with children about sex.	Planned Parenthood: Barbara Levine, 475-5554.

11.	First year parenting.	Community General Hospital, Health Education Department, 492-5153.
12.	Getting pre-schoolers ready to read through fine and gross motor development	Bobbie Del Prete, 488-1925.
13.	Puppet show for children 7-12 to increase their awareness of and sensitivity to the disabled.	Kids Project, Mary Pierce or Joanne Kelly, 473-5056, Syracuse Developmental Center.
14.	How parents can help children cope with death and dying.	Caring Coalition, 476-5552.
15.	Evaluations of popular diets or other diet and nutrition-related programs.	Susan Cukiernik, 446-1108.
16.	Should I Pass Up the Salt? Books for young children (on nutrition, for example)—a parenting tool. Energy Balance--Controlling Body Weight The Carbohydrate Connection--Starches and Sugars Clothing for Independence Munchkin University Good Health and Good Eating after 50	Cooperative Extension See attached flyer
17.	Crouse-Irving Hospital is in the process of developing a Speaker's Bureau and will be able to provide programs on a wide range of topics.	Michelle Moran, 470-7701
18.	Nuclear War--The Effects of Radiation. Film and speaker/discussion leader.	Physicians for Social Responsibility Robert Kantor, MD, 473-5450
19.	Hypnotism. What is it? What qualifications to look for.	Not yet confirmed. Call Lynn for details.

Traveling Collection*

Reference/Dictionaries

Medical Abbreviations and Acronyms

Dorland's Illustrated Medical Dictionary

Inverted Medical Dictionary

Dictionary of Medical Syndromes

Taber's Cyclopedic Medical Dictionary

Melloni's Illustrated Medical Dictionary

Pediatrics

Current Pediatric Diagnosis and Treatment

Complete Guide to Children's Allergies

Child Health Encyclopedia

Consumerism

How to Choose and Use Your Doctor

Medicine Show

General

Bood of the Body

Harvard Medical School Health Letter Book

Medical-Surgical Nursing: Concepts and Clinical Practice

Merck Manual of Diagnosis and Therapy

Not for Doctors Only

What are My Chances?

Current Medical Diagnosis and Treatment

Everything Your Doctor Would Tell You If He Had the Chance

Drugs

Essential Guide to Prescription Drugs: What You Need to Know for Safe Drug Use

Physician's Drug Manual

Home Medical Treatment

Handbook of Non-Prescription Drugs

Nutrition/Diet/Exercise

Vitamin Book

Rating the Diets '81

Consumer's Dictionary of Food Additives

Rating the Exercises

Sports Health

Emergency

Emergency Medical Guide

OB/GYN/Fertility

Fertility and Conception: An Essential Guide for Childless Couples

Current Obstetric and Gynecologic Diagnosis and Treatment

Practical Pregnancy

Womancare

Surgery

Complete Surgical Guide

Principles of Surgery

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* (Editor's note: These are the titles listed with annotations in Onondaga's publication Medical Information Collection; A Sampler, which appears in Section II as Appendix 1.)

Holistic/Self-Care

Encyclopedia of Alternative Medicine and Self-Help

Wholistic Dimensions in Healing

Take Care of Yourself

Medical Self-Care: Access to Health Tools

Tests

It's Your Body--Know What the Dr. Ordered: Your Complete Guide to Medical Testing

Cancer

Choices: Realistic Alternatives in Cancer Treatment

Cancer Reference Book: Direct and Clear Answers to Everyone's Questions

Indispensable Cancer Handbook

Diseases

Virus Diseases

Myth of Senility

STD: A Commonsense Guide

Allergy

Allergy Encyclopedia

Disabled

Clothing for Independence Notebook (Clothing suggestions for children and adults with handicapping conditions)

For Librarians

Consumer Health Information Source Book

ONONDAGA COUNTY
PUBLIC LIBRARY

335 Montgomery Street, Syracuse, New York 13202

Robert P. Kinchen
Director

MEMO INFORMATION #627

TO:
FROM: Margaret L. Horner, Assistant Director
Lynn Yellott, Medical Information Pilot Project
RE: TRAVELING MEDICAL COLLECTION

The Traveling Medical Collection is scheduled to be at your library,

With the collection you will receive:

- the booktruck and bulletin board if so requested
- a sign highlighting the collection
- multiple copies of the CHIC flyer
- multiple copies of an annotated list of Traveling Medical Collection materials (plus a separate "librarians' edition")
- multiple copies of health pamphlets
- multiple copies of CHIC booklists

Community Services will arrange public service announcements at your request. A sample press release is available if you wish to submit it to your local paper(s). Please submit requests for any additional promotional materials directly to Community Services using routine procedures.

As you noticed from the list of traveling collection materials (memo ACTION 589), few deal with specific conditions (diabetes, alcoholism, etc). You may wish to add books from your own collection or request additional titles through Interlibrary Loan.

Please feel free to contact Lynn, (473-2794) if you have a question.

7/13/82

FROM: Sharon Nottingham
Community Services

TO: Herald-Journal
Post-Standard
Eagle Bulletin
Syracuse New Times

FOR IMMEDIATE RELEASE

MEDICAL BOOKS TAKE TO THE ROAD

"A good friend has just been told that she has Crohn's disease. Can you give me information?"

"I would like to read about infertility tests. Do you have some information?"

"What are the side effects of the drug tagamet?"

Such questions are posed to the staff of the Onondaga County Public Library (OCPL) several times each day. Over the telephone and in person, the Central Library's health information service provides the answers in non-technical language as well as the scientific language of medical and nursing texts and journals. Many of the health and medical books used to answer these questions are also available for loan with an OCPL borrower's card.

Because of the specialization of a health materials collection, many local libraries are not able to provide the depth and breadth of the OCPL collection. Through a recent grant from The New York State Medical Information Services Pilot Project, two identical mini-versions of health and medical materials will be travelling to libraries atound the county for five-week periods.

The procedures used in a medical test, the names of cancer treatment centers specializing in prostate cancer, the side effects of a medicine, or directions for sewing clothes for the disabled are just some of the kinds of information to be found in the collection. Samples of health-related magazines will be available to allow patrons to evaluate individual usefulness and preferences.

The first two sites to have the collection are Soule Branch Library, 101 Springfield Rd. and Liverpool Public Library. During regular open hours at those libraries, people will be able to have hands on experience with the books from August 5 to September 9.

A smaller selection of books will be on the OCPL Bookmobile and in the libraries in the Northeast Community Center and in the Southwest Community Center from August 12 until spring of 1983.

- End -

7/16/82

Medical Questions? Library Has Answers

Lois Vosburgh

Surprised at some of the questions asked at the reference room of the Onondaga County Public Library?

Many of the calls pose medically related questions, and the library is encouraging the public to ask more by publishing a sampler of the medical information collection, available at all branches.

You may never have thought of asking the library for information of this sort, but . . .

Suppose your little girl comes in and tells you her best friend has Reye's syndrome, and you have never known anything about Reye's syndrome. Your not-too-new dictionary doesn't list it.

You hesitate to bother your pediatrician, but you are worried about your child's little friend, and want to know what the condition is. It's easy and effective to call the reference room, Onondaga County Public Library, 473-4491.

Or, your elderly aunt from Omaha writes that she is taking a new drug. She lives alone and none of the family lives near her. You would like to learn something about the drug. Why not call the reference room?

Or, one of your friends has diabetes, and has told you he uses the new diabetic pump. You didn't want to tell him that you don't know what the pump does, but you do want to invite him to a swim party. Can a diabetic with a pump go to a swim party? Ask the reference room.

Often the trained personnel in the reference room can completely answer questions over the phone. Other times pertinent reference material is available in periodicals, and in these cases, the articles can be duplicated without cost and obtained from the library.

Many medical books are available in regular circulation, and all books in the system may be ordered from any branch. Of course, if the book you are interested in is out, your name will be put on a waiting list.

Sharon Nottingham, director of community services for the library, tells of a recent grant from the New York State Medical Information Services' pilot project.

It will make possible for two identical mini-versions of health and medical records available to travel to libraries around the county for five-week periods. The first two sites are the Soule Library at 101 Springfield Road and the Liverpool Public Library.

"We have complete, up-to-date information," Nottingham said, explaining that there is a sort of "informal consortium of health agencies which provides information."

Not for Doctors Only
Breakthrough Reports from the Medical Front

C.W. McKeen/THE POST-STANDARD

Three new titles in the medical collection at the Onondaga County Public Library — "The Medicine Show" by Consumer Reports, "Rating the Exercises" by Charles T. Kuntzleman and editors of Consumer Guide, and "Not for Doctors Only" by Dr. James Wasco — are shown by community relations director Sharon Nottingham.

For example, if there is pertinent research being done at Crouse-Irving Memorial Hospital, this will be keyed into the library system. The same is true with research at Upstate Medical Center.

The library at Upstate, which has a computer exchange with many medical libraries throughout the country and which is open to the public, is another resource the Onondaga County Library uses.

Lynn Yellott, health information librarian, is in charge of medical information services for the county libraries.

So if you are interested in learning the procedures used in a medical test, the names of medical centers specializing in a certain treatment of cancer, the side effects of a medicine or if you can't understand all the technical terms, the library can refer you to material written in nontechnical language.

"We all are seeking more health information," Nottingham said. "It may be due to the need of health insurance providers to detail more information or it may be a result of the consumer movement. . . . We are taking more responsibility for our own health care."

From Syracuse Post-Standard, Autust 7, 1982. Reproduced by permission.

BEST COPY

Onondaga County Public Library

Robert P. Kinchen
Director

335 Montgomery Street
Syracuse, NY 13202

Greetings,

The Medical Information Collection contains:

I. Envelope for librarians which includes:
   a. this note
   b. Consumer Health Information Sourcebook
   c. "Consumer Health Info: (newsletter)
   d. "Medical Information Collection: A Sampler" - envelope's inventory copy to be used as a checklist of books sent to your library. (Additional copies can be found in the "help yourself" box - see IIc)
   e. Supplement to "Medical Information Collection: A Sampler" - please keep this copy which will be helpful if you decide to order any of the listed materials.

II. Canvas Bag with:
   a. books with attached "user opinion" forms
   b. plastic box containing 3 sample magazines
   c. box labeled "help yourself" containing multiple copies of pamphlets and bibliographies—giveaways.
   d. multiple copies of CHIC flyers

III. Poster with a pocket
   PLEASE PLACE CHIC FLYERS IN POCKET

IV. Free-standing bulletin board, book truck and clothing for independence display—if requested

Please use this checklist along with the annotated inventory list when unpacking the materials, and notify me if any items are missing.

If, when you are repacking (or unpacking) the books, you notice that a user opinion form on a book is filled or nearly filled, could you please carefully remove the top one and send it to me.

If you have been collecting health question statistics, please continue to collect data for the next three months.

I hope the collection will be helpful to you and your patrons.

Sincerely,

Lynn

Lynn Yellott
473-2794

P.S. Please have the collection packed and ready to go early in the morning of the date it is scheduled to travel to the next library.

Also, please fill the pocket of the CHIC Health Question poster prior to re-wrapping it in the brown paper. A supply of Chic brochures will be sent prior to your closing date for this reason.

B. PROJECT-PRODUCED BIBLIOGRAPHIES AND BROCHURES

This section contains bibliographies and brochures produced by staff of the Onondaga project. The bibliographies have been reproduced, complete with covers, where they exist, to promote sharing of the benefits of the work which went into their preparation. The bibliographies have the following titles:

Alcohol and Drug Abuse; a Select List of Materials at Onondaga County Public Library

Anorexia Nervosa; a Select Reading List

Heart; a Bibliography

Pregnancy and Childbirth; a Select List of Materials at the Onondaga Public Library

Special Diets; a Resource Guide

Women's Health; a Sampling of Books Available at the Onondaga County Public Library

Another bibliography, the list of books in the Onondaga Traveling Collection, appears as Appendix 1 of Section III, "Traveling Medical Collection: An Evaluation." It is called Medical Information Collection: A Sampler.

Two brochures were also produced and are reproduced here:

Occupational Health and Safety Information Service at the Onondaga County Public Library

Health Questions? The Onondaga County Public Library and CHIC Can Help

ALCOHOL & DRUG ABUSE

A Select List of Materials
at the

ONONDAGA COUNTY PUBLIC LIBRARY

For information on availability of material, please contact your nearest public library or call OCPL Collection Information at 473-2826.

To obtain health information from the Onondaga County Public Library or to contact a member of the Consumer Health Information Consortium (C.H.I.C.) call the OCPL Reference Department at 473-4491.

ALCOHOL

Broken Bottles, Broken Dreams: Understanding and Helping the Children of Alcoholics
by Charles Deutsch. 1982.
617.828 Deu

The Cracker Factory
by Joyce Rebeta-Burditt. 1977.
Told with humor, this novel tells of a mother's struggle against alcoholism.

Facing Alcoholism
by Bob McCormack. 1982.
362.292 Mac
A portrayal of the alcoholic's craving for drink and the seeking of help.

Five O'Clock Comes Early
by Bob Welch & George Vecsey. 1981.
B Welch
An autobiography of a young athlete battling against alcoholism.

How to Live with a Problem Drinker and Survive
by Gary G. Forrest. 1980.
362.82 For

Kids and Booze: What You Must Know to Help Them
by Wilbur Cross. 1979.
362.782 Cro

The Late Great Me
by Sandra Scoppettone. 1977.
A novel about the pressures leading to teenage drinking.

Where did Everybody Go: The Portrait of An Alcoholic
by Paul Molloy. 1981.
616.861 Mol
A revealing story of a nationally syndicated columnist's struggle with alcoholism.

Women Who Drink
by John Langone. 1980.
362.292 Lan
An exploration (through the personal stories of dozens of women) why, where and when they drink.

AMPHETAMINES

The Speed Culture: Amphetamine Use and Abuse in America
by Lester Grinspoon. 1975.
362.293 G805

DEPRESSANTS

Goodbye Blues: Breaking the Tranquilizer Habit the Natural Way
by Bernard Green. 1981.
616.863 Gre

I'm Dancing As Fast As I Can
by Barbara Gordon. 1979.
362.29 Gor
The true story of a successful career woman's struggle to rebuild her life after a valium-induced breakdown.

The Tranquilizing of America: Pill-Popping and the American Way of Life
by Richard Hughes & Robert Brewin. 1979.
362.293 Hug

HEROIN

The Heroin Solution
by Arnold S. Treback. 1982.
362.293 Tre
An examination of the legalization of heroin in England as a possible solution to the heroin crisis in America.

Stroke a Slain Warrior
by Frank M. Cortina. 1970.
362.293 C818
Interviews with 17 users of heroin--highlighting reactions of family and society.

MARIJUANA

High Culture: Marijuana in the Lives of Americans
by William Novak. 1980.
613.83 Nov
Observations of the use of marijuana to enhance various activities, with some discussion of potential problems.

Keep off the Grass: A Scientific Enquiry into the Biological Effects of Marijuana
by Gabriel Nahas. 1979.
615.95 N14
A physician/scientist presents documented evidence on the dangers of marijuana use.

Marijuana: The First Twelve Thousand Years
by Ernest L. Abel. 1980.
614.782 Abe
A history of marijuana worldwide, and an analysis of its illegal status in the U.S.

Marijuana: Your Legal Rights
by Richard J. Moller. 1981.
345.73 Mol

COCAINE

Cocaine: The Mystique and the Reality
by Joel L. Phillips. 1980.
362.293 Phi
A presentation of the mental and physical effects of cocaine use; statistical data; and a concise review of cocaine facts and myths.

ANGEL DUST

Angel Dusted: A Family's Nightmare
by Ursula Etons. 1979.
362.293 Eto
The true story of a teenager's ordeal with drugs and psychosis.

PCP: The Devil's Dust: Recognition, Management and Prevention of Phencyclidine Abuse
by Ronald L. Linder. 1981.
362.29 Lin

OPIUM

Flowers in the Blood: The Story of Opium
by Dean Latimer. 1981.
362.293 Lat
Opium--from the earliest historical reference to modern-day problems.

GENERAL (works dealing with several substances)

End of the Rainbow
by Mary Ann Crenshaw. 1981.
362.29 Cre
A true account of a woman's triumph over her alcohol/drug addiction.

The Female Fix
by Muriel Nellis. 1980.
362.293 Nel
A discussion of accidental addiction to legally prescribed drugs.

Just So It's Healthy/New Evidence that Drinking and Drugs Can Harm Your Unborn Baby
by Lucy B. Robe. 1977.
618.3 Rob

Recreational Drugs
Lawrence A. Young. 1979.
615.78 R245
A dictionary arrangement of articles on such currently popular drugs as marijuana, PCP and methaqualone.

GENERAL CONT.

Toma Tells It Straight with Love
by David Toma. 1981.
362.293 Tom
This former police detective makes an emotional appeal to young people involved with drugs.

Tough Love: How Parents Can Deal with Drug Abuse
by Pauline Neff. 1982.
362.293 Nef

SELECTED COMMUNITY RESOURCES

Onondaga Council on Alcoholism/Addictions
.....471-1359
Information and referral services for alcohol and drug abuse; and a new educational support group for young people and their families called "Foundations in Family Management."

Alcoholics Anonymous......422-1802
A self-help group for alcoholics.

Al-Anon & Alateen.....463-4505 (answer service)
Self-help groups for family and friends of alcoholics.

Rescue Mission Alliance.....472-7876
Emergency shelter and sobering-up services on a 24-hour a day basis.

ONONDAGA COUNTY
PUBLIC LIBRARY

D3

EMPTY FACE
by K. Havekamp, 1978

This author's first novel is about Elaine, an emotionally imprisoned girl addicted to laxatives.

FAMILY CRUCIBLE
by A. Napier, 1978
616.8915 N162

The dramatic story of one troubled family's therapy.

FAT IS A FEMINIST ISSUE
by S. Orback, 1977
616.398 Orb

A feminist psychotherapist provides insights into social-psychological reasons for women's compulsive eating and "fat" problems.

These books are available through the Onondaga County Public Library. Contact your local librarian or call the Central Library 473-2826 for help in locating materials.

To obtain health information or to get in touch with a Consumer Health Information Consortium (C.H.I.C.) member, call the Onondaga County Public Library Reference Department 473-4491. C.H.I.C. is an informal network of more than 25 health information providers.

To contact a representative of a local anorexia nervosa/bulimia self-help group call HELPLINE 474-7011.

ANOREXIA NERVOSA/
BULIMIA

A select reading list
prepared by

ONONDAGA COUNTY
PUBLIC LIBRARY
335 Montgomery Street
Syracuse, NY

ALABASTER CHAMBERS
by E.E. Hudlow, 1979

This quietly paced narrative serves as an introduction to a young, newly married woman and her case of anorexia nervosa.

ANOREXIA NERVOSA: A GUIDE FOR SUFFERERS AND THEIR FAMILIES
by R. Palmer, 1980
616.852 Pal

BEST LITTLE GIRL IN THE WORLD
by S. Levenkron, 1978

This sensitive portrayal of a young girl also illustrates the typical course of anorexia in a teenager.

EARLY DISORDER
by R. Josephs, 1980

A novel about an anorectic 15-year-old girl who is an excellent stu-from an upper middle class, professional, loving family.

TREATING AND OVERCOMING ANOREXIA NERVOSA
by S. Levenkron, 1982
616.852 Lev

This psychotherapist who has worked with many anorectics, discusses causes, constructive responses by family members, case histories, the author's own "nurturant-authoritative" therapy, and training requirements for therapists and support group leaders.

GOODBYE PAPER DOLL
by A. Snyder, 1980

Although this 17 year old is a straight A student, she feels like an outsider and a failure. Her struggle with anorexia nervosa and her response to someone's offer of love provide insight for young adults.

EATING DISORDERS: OBESITY, ANOREXIA NERVOSA AND THE PERSON WITHIN
by H. Bruch, 1973
616.391 B83

A psychiatrist with 40 years' experience, writes clearly on the emotional aspects of overeating and undereating.

GOLDEN CAGE
by H. Bruch, 1978
616.85 Bru

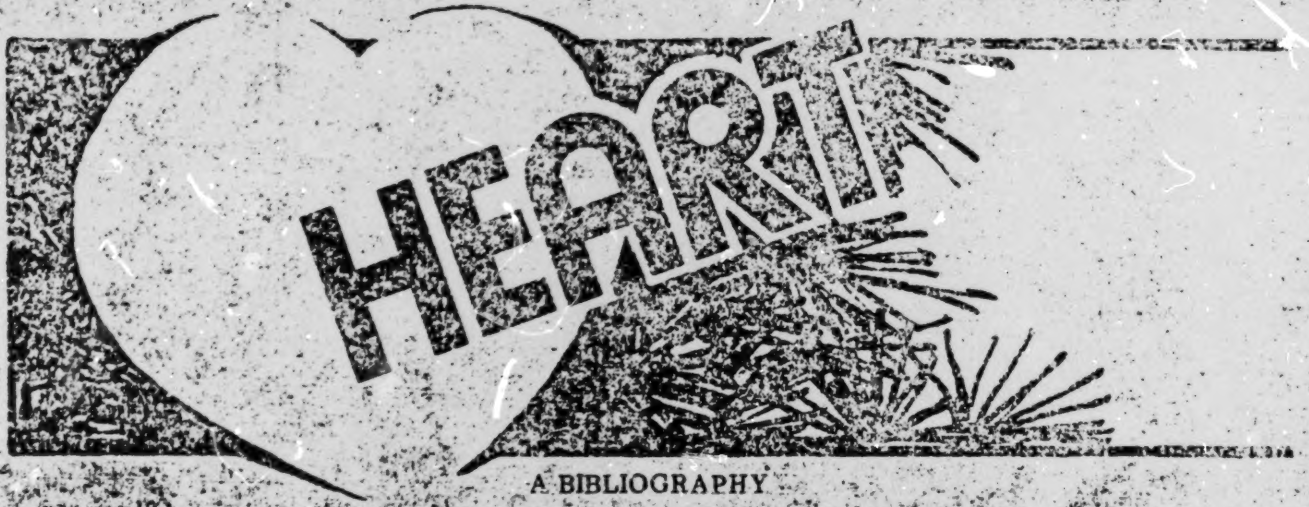
Lucid and direct descriptions of case histories written for the layperson; especially helpful to teachers and parents.

PSYCHOSOMATIC FAMILIES:/ ANOREXIA NERVOSA IN CONTEXT
by S. Minuchin, 1978
616.85 MIN

Clinical interviews and examples illustrate the illness--emphasizing the family impact.

SOLITAIRE
by L. Liu, 1979
B LIU

Aimee, a super-achieving 13-year-old, gives her personal narrative of relentless dieting, frequent fasting and exercising to exhaustion, interrupted by wild food binges, followed by self-induced vomiting and abuse of laxatives.



A BIBLIOGRAPHY

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Consumer Health Information Consortium

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Onondaga County Public Library

SYRACUSE, NY
1982 (revised)

Materials listed in this brochure are available through the Onondaga County Public Library. Contact your local librarian or call the Central Library at 473-2826 for help in locating materials.

GENERAL INFORMATION AND CARE OF THE HEART

Aegerter, Ernest. *Save Your Heart*. 1981. 616.136 Aeg
Emphasizes eating and exercising to avoid heart disease. Lists foods not to eat, ones to substitute for high-risk foods and menus for a healthy heart.

American Heart Association. *The Heartbook*. 1980. 616.1 Ame
Prevention is the theme throughout as the authors cover the field from risk factors to specific disorders.

DeBakey, Michael. *The Living Heart*. 1977. 616.1 D35
Guide to the heart, its functions and diseases, advances in repair, cure and prevention.

Farquhar, John. *The American Way of Life Need Not Be Hazardous to Your Health*. 616.105 Far
Practical self-directed methods to lower your risk level in heart attack and stroke.

BEST COPY AVAILABLE

Fisher, Arthur. The Healthy Heart. 1980. 616.12 Fis
Editors of Time-Life books present a beautifully color-illustrated and informative first volume in a health series. Covers anatomy and function of the cardiovascular system, roles of nutrition and exercise, dangers of smoking, and new methods of diagnosis and treatment.

*Friedman, Meyer. Type A Behavior and Your Heart. 1974. 616.12 F914
Practical, philosophical suggestions for high risk persons.

Kezdi, Paul. You and Your Heart: How to Take Care of Your Heart for a Long and Healthy Life. 1977. 616.12 K525
Discusses major heart ailments and treatments. Predispositions to heart trouble can be minimized by the adoption of a wise lifestyle.

Lynch, James J. The Broken Heart: The Medical Consequences of Loneliness in America. 1977. 616.1 L991
Deals with the psychosomatic trauma in illness.

Scheingold, Lee. Sound Sex and the Aging Heart: Sex in the Mid and Later Years with Special Reference to Cardiac Problems. 1974. 613.95 Sch

Shillingford, J.P. Coronary Heart Disease: The Facts. 1981. 616.123 Shi
This brief book with illustrations has chapters on how the heart works, risk factors, diagnosis, angina common questions and answers, travel, research, surgery and diet.

HEART ATTACKS

Alpert, Joseph S. The Heart Attack Handbook. 1978. 616.123 Alp
Majority of the text deals with the healing process following a heart attack. Also covers drugs, diet and exercise regimens.

Cohen, Keith. Coming Back: A Guide to Recovering From Heart Attack and Living Confidently with Coronary Disease. 1979. 616.12 C661

Haft, Jacob I. Consultation with a Cardiologist: Coronary Heart Disease and Heart Attack Management. 1979. 616.123 H2I
A comprehensive volume detailing steps in cardiac rehabilitation with common sense discussions of smoking, diet and exercise.

Halhuber, Carola. Speaking of: Heart Attacks. 1978. 616.12 H138
For patients and their families, a comprehensive description of heart attacks and their effects.

Kavanagh, Terence. Heart Attack? Counterattack! A Practical Plan for a Healthy Heart. 1976. 616.12 K172
Part I assesses the risk factors connected with heart disease. Part II presents a program of cardiac training through physical fitness.

Nash, David T. Coronary! Prediction and Prevention. 1978. 616.123 Nas
Involves exercise and diet, plus sections on surgery, drugs and their alternatives.

Roth, Oscar. Heart Attack! A Question and Answer Book. 1978. Also available in large print. 616.123 Rot
Heart attack recurrence, tests, medications, and surgery.

Schindler, Paul E. Aspirin Therapy. 1978. 615.7 Sch34
Gives a thorough account of the pros and cons of aspirin therapy in the control and prevention of heart attacks.

Stichman, Joann. How to Survive Your Husband's Heart Attack. 1974.
616.12 St51
Helpful suggestions by wives, for wives, covering the entire spectrum of heart attack experience.

Weiss, Elizabeth. Recovering from the Heart Attack Experience: Emotional Feelings, Medical Facts. 1981. 616.123 Wei
Guides heart attack victims and their families through the phases of depression, dependency and readjustment with specific advice on hospital care, therapies, sexual activity, diet, and exercise. Sensitivity shown and important information provided.

HEART SURGERY

Cates, Rosalie. Branded: The Open Heart Surgery Quagmire. 1980.
362.197 Cat
Tells story of husband's personal ordeal and warns against going ahead without second opinion and considering nonsurgical alternatives.

Waxberg, Joseph. Bypass: A Doctor's Recovery from Open Heart Surgery. 1981. 617.412W
A psychiatrist describes his experience as a coronary bypass surgery patient, from the first signs of illness to three years later when he is well on his way to recovery. He emphasizes the value of support groups and reassures patients on sexual aspects.

HYPERTENSION

*Benson, Herbert. The Relaxation Response. 1975. 616.13 B443
Relaxation through meditation is useful in combating everday stress and chronic high blood pressure.

*Feinman, Max. Live Longer: Control Your Blood Pressure. 1977.
616.132 F327
Well organized volume that explains possible causes of high blood pressure, how to control it, and how it is related to other diseases and conditions.

Finnerty, Frank A. High Blood Pressure. 1975. 616.13 F497
High blood pressure: what causes it, how to tell if you have it, how to control it for a longer life.

Freis, Edward. The High Blood Pressure Book: A Guide for Patients and Their Families. 1979. 616.132 Fre
Collaboration between a physician and science writer detailing information about treatments, tests, and the effect of hypertension upon lifestyle.

Rees, Michael. The Complete Family Guide to Living with High Blood Pressure. 1980. 616.132 Ree
Covers varied topics such as: causes, medications, diet, exercise, concerns of women, how to measure blood pressure at home, surgical intervention, childhood hypertension, and preventive measures for you and your family.

Wolff, Hans P. Speaking of: High Blood Pressure. A Comprehensive Guide for Hypertensives and Their Partners. 1978. 616.132 W832
This volume tells you how to determine whether you have high blood pressure, what your doctor can do about it, and what you can do to bring it back to normal.

PERSONAL NARRATIVES

*Halberstam, Michael. A Coronary Event. 1976. 616.12 H128
A collaboration between doctor and patient resulted in this book, which chronicles the reporter's hospitalization and treatment.

Lear, Martha W. Heartsounds. 1980. 362.196 Lea
The author describes her husband's series of heart attacks, and recounts the physical, emotional, and mental stress experienced while facing death.

*MacKenzie, Rachel. Risk. 1975. 617.412 Mac
A personalized account that eloquently describes the fear, pain, and suffering a patient must face before and after heart surgery.

Nolen, William A. Surgeon Under the Knife. 1976. 617.412 N
Covers angina pectoris and its surgical treatment, coronary bypass, from the perspective of a surgeon undergoing the operation.

Poole, Victoria. Thursday's Child. 1979. 617.412 Poo
Case study of an 18-year-old's transplant, his fight for survival, and the family that supported him.

C.P.R. (CARDIO-PULMONARY RESUSCITATION)

Armellino, Donna. C.P.R.: It Could Save Your Life. 1979. 614.88 Ar54
Describes techniques; photographs included.

+Curtis, Lindsay. How to Save a Life Using CPR: Cardiopulmonary Resuscitation. 1981
Medical doctor and CPR instructor team up to provide an excellent handbook on saving the life of anyone whose circulation or breathing has stopped. Wastes no words.

Seymour, Roger. *The Heart Attack Survival Manual: A Guide to Using CPR (cardiopulmonary resuscitation) in a Crisis*. 1981. 616.123
Step-by-step instructions for learning a lifesaving and relatively simple skill that can be performed by nonmedical people. The author suggests taking a formal course and warns the reader to practice on a CPR-training mannequin, available through the American Heart Association and the Red Cross.

FITNESS

Alexander, Sidney. *Running Healthy: A Guide to Cardiovascular Fitness*. 1980. 613.71 Ale
Question and answer format; detailed guide to running and cardiovascular health. Includes effects they have on each other; benefits to expect; precautions to take.

*Kostrubala, Thaddeus. *Joy of Running*. 1976. 613.71 Kos
Discusses the theory of heart attack prevention through running.

Mangi, Richard. *The Runner's Complete Medical Guide*. 1979. 617.102 Man
Section on cardiovascular systems of practical interest to runners.

Zohman, Lenore. *The Cardiologists' Guide to Fitness and Health Through Exercise*. 1978. 616.12 Zoh

COOKBOOKS

Bagg, Elma W. *Cooking Without a Grain of Salt*. 1964. 641 B146
Also available in large print.

Bond, Clara-Beth Young. *The Low Fat, Low Cholesterol Diet*. 1971. 641.5 B64

Claiborne, Craig. *Craig Claiborne's Gourmet Diet*. 1980. 641.563 Cla
Due to his own hypertension,Claiborne created this cookbook that features spices and herbs, but no salt.

Dosti, Rose. *Light Style, The New American Cuisine: The Low Sugar, Low Salt, Low Fat Way to Good Food and Good Health*. 1979. 641.563 Dos

*Eshleman, Ruthe. *The American Heart Association Cookbook*. 1979. 641.53 Esh

+Hausman, Patricia. *Jack Sprat's Legacy: The Science and Politics of Fat and Cholesterol*. 1981.
Well written and documented coverage of nutrition research and controversies including the relationships of fats and cholesterol to arteriosclerosis and other related diseases.

Jones, Jeanne. *Secrets of Salt-Free Cooking*. 1975. 641.563 Jon

Jones, Jeanne. *Diet for a Happy Heart*. 1975. 641.563 J718

Margie, Joyce. Living Better: Recipes for a Healthy Heart. 1980. 641.563 Mar

Compilation of more than 400 tasty, healthful recipes, from appetizers to desserts, that avoid dangerous additives.

Payne, Alma Smith. The Fat and Sodium Control Cookbook. 1975. 641.563 Pay

+Ask librarian for help in locating this book's call number.

*THIS TITLE IS AVAILABLE IN TALKING BOOK FORMAT OR BRAILLE. FOR INFORMATION ON THESE FORMATS, PLEASE CONTACT SERVICES FOR THE HANDICAPPED AT 473-4227.

RESOURCES

AMERICAN HEART ASSOCIATION 476-5381

CPR - nine-hour course teaches life-support and other emergency techniques to aid heart attack and choking victims.
Brochures and information packets on topics ranging from smoking cessation to stroke are available upon request.

AMERICAN RED CROSS 425-1677

Nine hour CPR course offers life-support and other emergency techniques to aid heart attack and choking victims.

COMMUNITY GENERAL HOSPITAL 492-5658

Cardiac Education Program - for people with coronary artery disease and their families. Purpose: to prevent future heart problems by learning about medications, diet, exercise and lifestyle changes.

Mall Walkers - provides an indoor setting for walking, specifically at shopping centers, for those with cardiac and other conditions. Meetings feature exercise and health topics.

FREE BLOOD PRESSURE SCREENING

For information about ONONDAGA COUNTY HEALTH DEPT. screening, call 425-3252.
For information about additional screening programs, call the ONONDAGA COUNTY PUBLIC LIBRARY Reference Dept. at 473-4491.

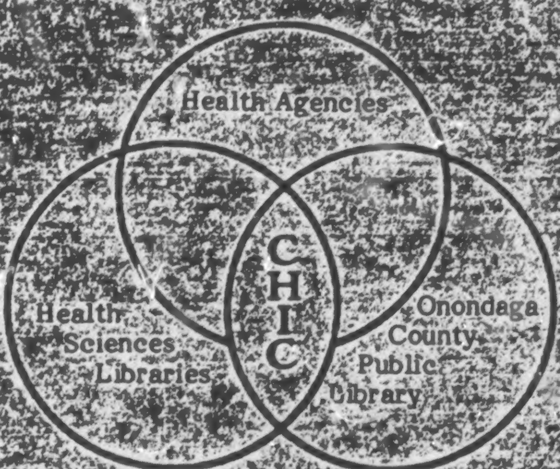
YMCA 474-6851

Cardiac Rehabilitation Program - for men and women after heart attack or by-pass surgery, as well as for others who are at risk and need a controlled conditioning program.
Folksmarch - noncompetitive monthly walking program in area parks.

NOTES

BEST COPY

C.H.I.C.–the CONSUMER HEALTH INFORMATION CONSORTIUM–is an informal network of more than 25 health information providers. To obtain health information from the Onondaga County Public Library or to get in touch with a C.H.I.C. member, call the OCPL Reference Department at 473-4491.


Health Agencies
CHIC
Health Sciences Libraries
Onondaga County Public Library

Onondaga County Public Library

Syracuse, N.Y.

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PREGNANCY

& CHILDBIRTH

A Select List of Materials
at the
ONONDAGA COUNTY PUBLIC LIBRARY

For information on availability
of material, please contact your nearest
public library or call OCPL Collection
Information at 473-2826.

To obtain health information
from the Onondaga County Public Library or
to contact a member of the Consumer Health
Information Consortium (C.H.I.C.) call the
OCPL Reference Department at 473-4491.

DECIDING

A Baby?...Maybe: A Guide to Making the Most Fateful Decision of Your Life. Elizabeth M. Whelan, 1980. 301.426 W571

Child-Free Alternative. Kate Harper, 1980. 306.8 HAR

Having a Baby After Thirty. Elizabeth Bing, et al., 1980. 618.2 BIN

It's Not Too Late for a Baby: For Men and Women Over 35. Sylvia P. Rubin, 1980. 612.63 RUB

Marriage Without Children. Diana Burgwyn, 1981. 306.8 BUR

GETTING PREGNANT

Cooperative Method of Natural Birth Control. Margaret Notziger, 1978. 603.94 NOT

Fertility Handbook. Judith A. Fenton, et al., 1980. 616.692 FEN

Infertility: A Guide for the Childless Couple. Barbara A. Menning, 1977. 618.178 MEN

They Say You Can't Have a Baby: The Dilemma of Infertility. Madeleine Blais, 1979. 618.178 BLA

What to Do When You Think You Can't Have a Baby. Karol White, 1981. 616.692 WHI

PREGNANCY AND CHILDBIRTH

Awake and Aware: Participation in Childbirth Through Psychoprophylaxis. Irwin Chabon, 1966. 618.4 C342

Birth Primer: A Source Book of Traditional and Alternative Methods in Labor and Delivery. Rebecca Parfitt, 1980. 618.4 PAR

BEST COPY

Birth Without Violence. Frederick Leboyer, 1978.
618.4 LEB

A Child Is Born. Lennart Nilsson, 1977.
612.63 N599

Childbirth: A Source Book for Conception, Pregnancy, Birth and the First Weeks of Life. Sharron Hannon, 1980. 618.2 HAN

Childbirth Without Fear. Grantley Dick-Read, 1979. 618.4 D55

Choices in Childbirth. Sylvia Feldman, 1980.
618.24 FEL

The Complete Book of Birth: A Guide for Expectant Parents to All Methods of Birth. Morton Walker, 1979. 618.2 WAL

Complete Book of Pregnancy and Childbirth. Sheila Kitzinger, 1980. 618.2 KIT

Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby Is Born. Elizabeth Noble, 1976. 618.24 NOB

Father Book: Pregnancy and Beyond. Rae Grad, et al., 1981. 649.1 FAT

Guide to Pregnancy and Parenthood for Women On Their Own. Patricia Ashdown-Sharp, 1977. 362.83 AS 34

Have It Your Way. Vicki E. Walton, 1978.
618.4 W179

Husband-Coached Childbirth. Robert A. Bradley, 1981. 612.63 B728

Immaculate Deception. Susan Arms, 1977.
618.4 AR 56.

Joyous Childbirth: Manual for Conscious Natural Childbirth. Cybele Gold, et al., 1977
618.4 G563

Making Love During Pregnancy. Elizabeth Bing, et al., 1977. 301.418 B513

Natural Childbirth the Swiss Way: The New Program for a More Comfortable Pregnancy and Easier Childbirth. Esther Marilus, 1979.
618.4 M338

New Pregnancy. Susan L. Lichtendorf, et al., 1981. 301.412 L617

Painless Childbirth. Fernand Lamaze, 1981.
618.4 L164

Pregnancy: The Psychological Experience. Arthur Coleman, et al., 1971. 612.63 C71

Pregnancy, Birth and Family Planning. Alan Guttmacher, 1973. 612.63 G987

Preparation for Childbirth: A Lamaze Guide. Donna and Rodger Ewy, 1976. 618.24 EW91

Six Practical Lessons for an Easier Childbirth. Elizabeth Bing, 1981. 618.4 BIN

Special Delivery. Rahima Baldwin, 1979.
618.45 BAL

Thank You Dr. Lamaze. Marjorie Karmel, 1981.
618.4 K146

What Every Pregnant Woman Should Know: The Truth About Diets and Drugs in Pregnancy. Gail and Tom Brewer, 1979. 618.24 B758

CESAREAN BIRTH

Cesarean Birth Experience: A Practical, Comprehensive, and Reassuring Guide for Parents and Professionals. Bonnie Donovan, 1977. 618.8D 719

Cesarean (R)Evolution: A Handbook for Parents and Professionals. Linda D. Meyer, 1981.
618.86 MEY

Having a Cesarean Baby. Richard Hausknecht, et al., 1978. 618.8 H295

HOME BIRTH

Birth at Home. Sheila Kitzinger, 1978. 618.4 KIT

Childbirth at Home. Marion Sousa, 1976. 618.45 085

NAPSAC Directory of Alternative Birth Services and Consumer Guide. Penny Simkin, 1980. 618.4 NAT

Homebirth. Alice Gilgoff, 1978. 618.4 GIL

BREASTFEEDING

Breastfeeding Your Baby. Marsha Walker, 1981. *See Librarian

Complete Book of Breastfeeding. Marvin S. Eiger, et al., 1976. 649.3 E142

The Experience of Breastfeeding. Sheila Kitzinger, 1980. 649.3 KIT

Preparation for Breastfeeding. Donna Ewy, et al., 1975. 649.3 EW91

Tender Gift: Breastfeeding. Dana Raphael, 1976. 649.3 R181

Womanly Art of Breastfeeding. La Leche, 1981. 618.92 L152

You Can Breastfeed Your Baby. . . Even in Special Situations. Dorothy P. Brewster, 1979. 649.3 BRE

PARENT AND CHILD, TAKING CARE

Answers for New Parents: Adjusting to Your New Role. Howard Osofsky, et al., 1980. 649.1 OSO

Baby and Child Care. Dr. Benjamin Spock, 1981. 649.1 Sp61B

Becoming A Father: A Handbook for Expectant Fathers. Sean Gresh, 1980. 649.102 GRE

Better Homes and Gardens New Baby Book. 1980. 649.1 B466

Father's Almanac. S. Adams Sullivan, 1980. 649.1 SUL

First Nine Months of Life. Geraldine L. Flanagan, 1962. 611.013 F613

First Twelve Months of Life. Frank Caplan, 1978. 155.4 C172

Help: A Handbook for Working Mothers. Barbara K. Greenleaf, et al., 1980 650.1G

How To Father. Fitzhugh Dodson, 1975. 649.1 D668

How To Parent. Fitzhugh Dodson, 1977. 155.4 D668

Mother To Mother Baby Care. Sills and Henry, 1981. * Ask Librarian

Mothercare. Lynn D. Quadri, et al., 1980. 613.042 DEL

On Becoming A Family: The Growth of Attachment. T. Berry Brazelton, 1981. 155.422 BRA

Raising Happy Healthy Children. Karen Olness, 1981. 649.1 OL6

Right From the Start: Meeting the Challenges of Mothering Your Unborn and Newborn Baby. Gail S. Brewer, et al., 1981. 618.24 BRE

What Now? A Handbook for New Parents. Barbara Banet, et al., 1975. * Ask Librarian

COPING WITH LOSS

Bereaved Parent. Harriet S. Schiff, 1978. 155.93 SCH 32

Coping With A Miscarriage: Why It Happens and How To Deal With the Impact On You and Your Family. Hank Pizer, 1980. 618.392 PIZ

When Pregnancy Fails: Families Coping With Miscarriage, Stillbirth and Infant Death. Susan Borg, 1981. 155.937 BOR

SPECIAL DIETS

A Resource Guide
prepared by the

Consumer Health Information Consortium
and the
Onondaga County Public Library
Syracuse, NY
1982

SPECIAL DIETS

This annotated, selected list of books, audiovisual materials, and community resources refers to the use of modified diets in the prevention and management of diseases/disorders. Sources include not only cookbooks with menus, recipes, food charts and tables but also evaluations of diets.

With the help of a professional dietitian, the list has been subdivided into categories that consumers might recognize as familiar: (1) General and/or Reducing, (2) Allergy/Hyperactivity, (3) Diabetic, (4) Increased Fiber, (5) Low Carbohydrate, (6) Low Cholesterol/Low Fat, (7) Low Protein, and (8) Low Sodium. Many special diets are related. Be sure to check with your doctor and/or registered dietitian before starting any new di[illegible] Registered dietitians in hospitals, as well as in some health agencies such [illegible] the County Health Department, are available to their patients and clients.

Books also available in various formats for the print handicapped are indicated by an asterisk (*). Inclusion of titles does not indicate endorsement.

GENERAL AND/OR REDUCING

Diet and Nutrition: Holistic Approach. R. M. Ballantine. 1978.
Comprehensive evaluation of alternative approaches to health care. Discusses Western food habits, food processing, and the psychology and physiology of digestion.

Diet Food Finder. Joan Casale. 1975.
Highly recommended source for locating books and pamphlets that cover more than twenty-five types of therapeutic and special diets.

Diet Watchers Cookbook. Barbara Gibbons. 1976.
Presents flexible diet plans incorporating recipes using no artificial sweeteners, and suggests other dieting tricks (diet margarine, etc.). Wide variety including pasta, sauces, and "unforbidden sweets."

Dieter's Companion: A Guide to Nutrition Self-Sufficiency. Nikki Goldbeck. 1976
Part I describes and evaluates a variety of diets ranging from weight control plans to vegetarian to therapeutic for special conditions. Part II helps readers assess and design their own diets. Part III: nutrition tables.

*Diets '81: Rating the Diets. Theodore Berland.
Describes weight reduction diets and techniques (acupuncture, surgery) and evaluates each for safety and effectiveness. Authored by award-winning science and health writer. Frequently updated.

Dr. Eden's Diet & Nutrition Program for Children. Alvin Eden. 1980.
Chatty, anecdotal advice for preventing and treating children's weight problems. Chapters cover various age groups including teens. Diet plans and sample menus are presented. Focuses on changing habits to achieve permanent weight control.

Enjoying Your Restricted Diet. Margaret Salmon. 1972.
Written by professional dietitians, this includes the following special diets: calorie-restricted, diabetic, fat-controlled, gluten-restricted, protein-restricted, and sodium-restricted. Contains over 200 menus and food value lists.

Feed Me! I'm Yours. Vicki Lansky. 1974, 1979.
A recipe book by six mothers who are members of the Childbirth Education Association of Minneapolis-St. Paul with "delicious nutrition and fun things to cook up for your kids."

Food, Nutrition and Diet Therapy. 6th ed. Marie Krause and Kathleen Mahan. 1979.
In addition to in-depth background material and detailed index, this book provides information on little-known special diets (i.e. hyperlipoproteinemia; copper-restricted; etc.)

Good Housekeeping Cookbook for Calorie Watchers. Hazel Schoenberg. 1971.
Comprehensive coverage that goes far beyond presenting recipes. Includes evaluations of fad diets; how to choose a diet (descriptions of six safe and effective plans); nutrition information for all ages; illustrated section on exercises; therapeutic diets; and a large section containing imaginative recipes. Part of the last section, which presents tables, may be outdated.

Jane Brody's Nutrition Book: A Lifetime Guide to Good Eating for Better Health and Weight Control. 1981
Comprehensive reference guide to nutrition written for the layperson. Includes recipes plus tables and charts addressing the following: cost of protein, energy cost of various activities, nutrients in "health foods" compared to "ordinary" foods. Author is syndicated health columnist for the NY Times.

La Costa Diet & Exercise Book. R. Philip Smith. 1977.
Presents dieting techniques used at the La Costa Health Spa which are based on the Dietary Goals of the U. S. Appetizing recipes using a system of exchanges are provided to achieve 800, 1000, and 1200 calorie diets. Offers exercises to meet 14 minutes/day requirement.

New Gourmet in the Low Calorie Kitchen Cookbook. Pillsbury. 1970.
Wide variety of both gourmet and mundane recipes that call for sugar and honey rather than artificial sweeteners.

New Nuts Among the Berries. Ronald Deutsch. 1977.
A witty history of food fads, vitamins and assorted nutrition nonsense for the layperson. Discusses health practitioners and the Food and Drug Administration.

No-Nonsense Nutrition for Baby's First Year. Jo-Ann Heslin. 1978.
Nutrition for infants and home preparation of baby food. Vegetarian diet included as well as discussion of food allergies.

Nutrition Almanac. John Kirschmann, ed. 1975.
Good source of general information about nutrients and their functions in the body as well as an explanation of ailments caused by nutritional deficiency.

Partnership Diet Program: The Do-It Together Pounds-Off Program That Doesn't Feel Like a Diet. Kelly Brownell. 1980.
Describes how a partner, who may or may not be a dieter, can support and motivate a dieter. Discusses how to change eating habits and avoid common dieting pitfalls. Recipes included.

Slim Gourmet Cookbook. Barbara Gibbons. 1976.
Suggestions for changing eating habits. Imaginative diet recipes for a wide range of dishes from lasagna to cookies. Tables comparing calories in similar foods.

*Thin Game: Dieting Scams and Dietary Sense. Edwin Bayrd. 1978.
Examines weight loss fads and hoaxes. Recommends effective diet techniques which lead to improved eating habits.

Weight Watchers Party and Holiday Cookbook. 1980.
Organized by months of the year with imaginative and appealing recipes that use artificial sweeteners, yogurt, and extracts to minimize calories.

What You Can Do About Weight Control: Safe and Sensible Weight Loss, Good Nutrition, How to Select Diet, Other Weight Control Methods. Johanna Dwyer. 1979.
Slim paperback provides overview of nutrition basics and diet sense. Brief evaluations of popular diets and other weight control methods.

FILM: A Chemical Feast. 11 min.

FILM: Eat, Drink & Be Wary. 21 min.
Critical look at nutritional value of processed foods.

VIDEOTAPE: Nutrition & Fad Diets. 29 min.

VIDEOTAPE: Obesity. 29 min.

VIDEOTAPE: What's Cooking
How to eat well and save money (series). Low Calorie. 28 min.

ALLERGY AND HYPERACTIVITY

For persons hypersensitive to substance(s) in food.

The Allergy Baker: A Collection of Wheat-Free, Milk-Free, Egg-Free, Corn-Free, & Soy-Free Recipes. Carol Rudoff. 1980.
Written by the president of the American Allergy Association, this contains 88 recipes free of the ingredients in the title, which can be adapted to also be gluten-free. Recipes limited to breads and desserts.

Caring & Cooking for the Allergic Child. Linda Thomas. 1980.
Lists substitute foods, diets to prevent early food allergies, brand names of foods useful in allergy diets, and other sources of information.

*Coping With Food Allergy: Symptoms & Treatment. Claude E. Frazier. 1974.
Lists foods which often cause reactions in each system of the body (respiratory, urinary, nervous, etc.) as well as the symptoms. Included are packaged and processed foods containing concealed allergens. Separate chapters include many recipes on allergy or intolerance associated with milk, egg, wheat, gluten, and food additives. Also lists other sources of recipes.

*Creative Cooking Without Wheat, Milk, or Eggs. Ruth Shattuck. 1974.
The several hundred recipes included are almost all free of at least 2 of the 3 ingredients in the title. Emphasis on gourmet foods anyone can enjoy, while hints will help in preparation. Author has personal experience in this area.

Delicious & Easy Rice Flour Recipes: A Sequel to Gourmet Food on a Wheat-Free Diet. Marion N. Wood. 1972.
All of the recipes in this book are free of wheat, rye, barley, and oats, but they do not all contain rice flour. Discussions of the special problems involved in gluten-free cooking introduce the chapters.

The Feingold Cookbook for Hyperactive Children & Others With Problems Associated With Food Additives & Salicylates. Helene and Ben Feingold. 1979.
340 varied but simple recipes which eliminate salicylates, synthetic flavors and colors, some preservatives, simple sugars, and white flours. Supplements the authors' Why Your Child is Hyperactive, and is based on the theory of treating hyperactivity through diet management.

Food Allergy. Frederic Speer. 1978.
This clinically oriented manual written by a physician includes tables identifying foods which cause allergic reaction. Comprehensive list of foods and their general uses will help identify allergens. Some information on infant food allergies. Many references.

Gourmet Food on a Wheat-Free Diet. Marion Wood. 1975.
Mainly a guide to baked goods using gluten-free flours. Lists foods which are hidden sources of gluten and general foods to be avoided or substituted (some brand names used). The author has a gluten-restricted dieter in her family.

How to Feed Your Hyperactive Child. Laura and George Stevens. 1977.
Recipes cover a wide range of American cooking and appendixes list additive-free brands, foods which are acceptable and those to be avoided, and a behavior evaluation chart.

How to Improve Your Child's Behavior Through Diet. Laura Stevens. 1979.
As in the above title, this is based on the theory that intolerance to certain foods causes behavior problems for some people and includes 350 recipes which do not contain refined sugar, chocolate, wheat, corn, milk, eggs, rye, citrus, or salicylates. Additive-free brand name foods are listed as well as other sources of information.

Living...Without Milk. 2nd ed. Jacqueline Hostage. 1979.
This book contains many practical yet varied milk-free recipes which use a number of substitute foods. Allergies to milk and lactose (milk sugar) pose a difficult problem for many. Sources for product information listed.

Milk-Free & Egg-Free Cookbook. Isobel Sainsbury. 1979.
Written by a physician who has a milk/egg-free dieter in her family, this contains dozens of easy recipes covering all types of foods. A list of milk-free commercial products is included.

VIDEOPTAPES: Daniel Foster, M.D. (series) for lay people. Allergy. 29 min.

DIABETIC

Normal diets with the proper balance of protein, fat and especially carbohydrates.

American Diabetes Association, American Dietetic Association Family Cookbook. 1980.
Basic good nutrition, food tables, exchanges for fast foods, exercise and other supplemental information is included in this cookbook, along with a canning section, fine glossary and how to brown bag.

Art of Cooking for the Diabetic. Katherine Middleton. 1978.
Cookbook for beginner to intermediate levels with more than 300 recipes giving nutritional values per servings, 1976 revised food exchanges, amount for each serving and modifications for low-sodium diets. Chapter on eating out includes fast-food restaurants.

Calculating Cook: A Gourmet Cookbook for Diabetics and Dieters. Jeanne Jones. 1972.
A diabetic has adapted her favorite recipes with the help of dietitians to provide others with ideas for elaborate international dishes.

Comprehensive Diabetic Cookbook. Dorothy Kaplan. 1972
Easy to use basic manual for weight watchers and diabetics of any age.

Controlling Diabetes with Diet. A. Gormican. 1976.
This outstanding book includes exchange lists for TV dinners, snacks and canned foods as well as sodium-restricted, fat-controlled and bland low-fiber diets but no index.

Cooking Creatively for Your Diabetic Child. Caroline Babington. 1979.
The author, mother of a diabetic child and professional dietitian, includes easy-to prepare and nutritionally balanced meals even for school lunches, picnics and holidays.

Diabetic Dining. Darlene Kronschnabel. 1979.
Over 150 recipes compiled by a diabetic from Farm Wife News and checked by a professional dietitian.

*Diabetic Gourmet. Angela Bowen, M.D. 1976.
The author, who has served on the Food and Nutrition Committee of the American Diabetes Association, presents varied and simple recipes with an emphasis on foods high in polyunsaturated fats. Lists diabetic associations in the U. S. Special chapter on revising and creating foods suitable for diabetics.

Feast on a Diabetic Diet. Euell and Joe Gibbons. 1974, 1978.
Wild food expert and his diabetic brother collaborate to produce an excellent book which includes anecdotes of their lives, advice, recipes for main dishes, breads, even jams and jellies and foods for diabetic children.

Peripatetic Diabetic. Margaret Bennett. 1969.
Fascinating text by two Californian librarians (one a diabetic) written under the pseudonym Bennett. First half is advice by anecdote; second half devoted to gourmet cookery. Practical information for travelers such as names and addresses of diabetic associations abroad and foreign trade names for diabetic medical supplies.

Recipes for Diabetics. Billie Little. 1972.
Recipes from appetizers to desserts give the caloric content for ingredients and exchange group breakdown for measured servings.

VIDEOTAPES: Daniel Foster, M.D. (series) for lay people. Diabetes. 29 min.

INCREASED FIBER

For those concerned with increasing bulk or roughage.

Fabulous Fiber Cookbook. Jeanne Jones. 1977, 1979.
Contains unique and tasty low calorie recipes with high fiber ingredients.

*Save-Your-Life-Diet High Fiber Cookbook. David and Barbara Reuben. 1976.
Physician and his gourmet cook wife criticize the food industry and explain the benefits of a high fiber diet.

Soup to Dessert High Fiber Cookbook. Betty Wason. 1976.
Suggests adding fiber to familiar foods and describes why we need to increase fiber in our diet.

LOW CARBOHYDRATE

For disorders which require restricted carbohydrates such as hypoglycemia (popularly known as low blood sugar.)

Epicure's Very Low Carbohydrate Cookbook. Marilyn Van Syckel. 1973.
Intended for people who have lost weight on a low carbohydrate diet (Atkins, etc.) and want to continue, but useful for those who must restrict carbohydrates. Carbohydrate gram counter, glossary, and index.

Hypoglycemia Control Cookery. Dorothy Revell. 1973.
A dietitian provides brand name information, carbohydrate content of foods, one week menus and recipes.

Low Carbohydrate Gourmet: A Cookbook for Hungry Dieters. Harriet Brownlee. 1975.
The author has created recipes for items usually excluded in low carbohydrate diets (cakes, breads, pies, etc.) by using soy flour, ricotta, cream and artificial sweeteners. Natural food enthusiasts will not approve.

Taste for Life: A High Protein Diet Especially Suited for Hypoglycemia, Diabetes & Weight Reduction. Marcia Grad. 1976.
Written in a humorous style with over 300 recipes for high protein, low sugar diets.

LOW CHOLESTEROL/LOW FAT

Low Cholesterol might also be called fat-controlled meaning a high ratio of polyunsaturated to saturated fats and reduced intake of cholesterol. Low fat or more correctly fat-restricted means limiting the total intake of fats.

Diet for a Happy Heart. Jeanne Jones. 1975.
Recipes calling for sugar and egg substitutes, lean meats, non-fat milk and vegetable oils are especially designed for those on low-cholesterol, low-saturated fat and sugar-free diets. Relationship between diabetes, fat and obesity and their effects on the heart discussed.

Happy Heart Cookbook. Frayda Faigel. 1977.
Many familiar foods adapted to low cholesterol needs, but suitable for the whole family. Written by a nurse with an introduction clearly explaining cholesterol and nutrition by her physician husband.

Jack Sprat Cookbook. Polly Zane. 1973.
Very useful for people on a cholesterol and calorie restricted diet to plan healthy and enjoyable meals. Includes food charts and appendix by a physician explaining the more technical aspects of heart disease and diet.

Low Fat Cookery. Evelyn Stead and Gloria Warren. 1959, 1975.
In this case low fat means the restriction of total intake of fatty foods. Introduction by a physician, recipes, sample menus, and food charts.

Multiple Sclerosis Diet Book: A Low Fat Diet for the Treatment of M.S., Heart Disease, & Stroke. Roy Swank, M.D., Ph.D. and Mary-Helen Pullen. 1977.

The effectiveness of this diet for multiple sclerosis is currently a controversial subject. Includes low fat recipes, sample menus, hints for eating out, and introductory chapters on the diseases.

Prudent Diet Iva Bennett and Martha Simon. 1973.

Nutritionally balanced recipes developed from the famous anti-coronary club in NYC. Early chapters explain how the diet reduces cholesterol, blood sugar, blood pressure and usually weight. Authors are home economists who specialize in public health nutrition education.

Whole Family Low Cholesterol Cookbook. Helen Page and John Schroeder. 1976.

A cooking school director and a cardiologist recommend a gradual transition to low cholesterol eating.

LOW PROTEIN

For protein restricted diets associated with treatment of kidney disorders.

Low Protein Cookery for Phenylketonuria. Virginia Schuett, ed. 1977.

Child tested recipes selected and adapted for metabolic disorders requiring low protein diets. Many helpful hints with phenylalanine, protein, and calorie contents given for each.

Low Protein Diets for Treatment of Chronic Renal Failure. 1970.

Three research dietitians and two physicians give background for kidney patients; protein and potassium equivalent lists; menus and recipes measured in grams and exchange lists in both metric and common household measurements.

Practical Low Protein Cookery. Laura Krawitt and Emily Weinberger. 1971.

Two women with husbands on low protein diets give advice on careful measurement of foods and proper use of specific ingredients; weekly menus with protein and caloric values; and very complete and detailed recipes.

LOW SODIUM

For sodium restricted diets, meaning not only the use of table salt but naturally occurring and accumulated sodium through food processing. Often combined with other restrictions like fat controlled, so see also Low Cholesterol/Low Fat.

*American Heart Association Cookbook. Ruth Eshelman and Mary Winston. 1975, 1979.

Excellent source for low calorie recipes. Information on interpreting food labels and using herb and spice substitutes for salt.

Craig Claiborne's Gourment Diet. 1979.

A noted food authority and chef was told by his doctor to cut down on salt after developing high blood pressure. Jane Brody, medical writer for the NY Times, recommends the diet for those who want to avoid health problems as well as those who have them. Many fish and stir-fry dishes with garlic, herbs and hot seasonings.

Fat and Sodium Control Cookbook. Alma Payne and Dorothy Callahan. 1965.
A compendium of practical information with flavorful recipes; lucid explanations; and appendixes of nutritive values of foods and cooking hints.

Fat-Controlled and Sodium-Restricted Cooking. Milton E. Dupuy. 1971.
Wide variety of recipes listing sodium and fat content, sample menus, even potassium and sodium content of public water supplies.

Living with High Blood Pressure: The Hypertension Diet Cookbook. Joyce Margie. 1979.
Written for the layperson with a comprehensive introduction to hypertension and over 1000 recipes. Nutritional data in appendixes.

*Low Salt, Low Cholesterol Cookbook. Myra Waldo. 1974.
Wealth of recipes and sound advice for the layperson.

Salt Free Cooking with Herbs and Spices. June Roth. 1976.
Explains levels of sodium restricted diets. Lists common sodium food additives, foods high in sodium as well as sodium content of common foods. Chapter on dining out.

VIDEOTAPE: Daniel Foster, M.D. (series) Hypertension. 29 min.

*THIS TITLE IS AVAILABLE IN VARIOUS FORMATS FOR THE PRINT HANDICAPPED. FOR MORE INFORMATION ON THIS AND OTHER SPECIAL DIET BOOKS IN THIS FORMAT, PLEASE CONTACT SERVICES FOR THE HANDICAPPED AT 473-4227.

COMMUNITY RESOURCES

AMERICAN DIABETES ASSOCIATION Free diabetic counseling by registered dietitian by appointment, no fee.	475-1228
AMERICAN HEART ASSOCIATION Free low cholesterol and low sodium pamphlets. Questions related to heart disease and diet are referred to registered dietitians on the Association's nutrition committee.	476-5381
DIABETES EDUCATION PROGRAM, COMMUNITY GENERAL HOSPITAL Includes individual instruction by registered dietitian and registered nurse. Doctor's referral required. Fee.	492-5658
FEINGOLD ASSOCIATION Support group for Feingold diet users.	638-2227 (Sue Wick)
JUVENILE DIABETES FOUNDATION Support group for newly diagnosed diabetics. Dietary information available.	474-0601
KIDNEY SOCIETY OF CENTRAL NEW YORK Literature describing kidney disease—related diet is available.	638-4094
NUTRITION COUNSELING SERVICE, COMMUNITY GENERAL HOSPITAL Special diet counseling by registered dietitians. Fee. Doctor's referral required.	492-5652

SYRACUSE COMMUNITY HEALTH CENTER 476-7921

A public health nutritionist provides consultation and treatment for most of the metabolic diseases: diabetes, hypertension, ulcers etc. by custom designing nutritional requirements and giving counseling related to nutrition and food. Sliding fee scale.

UPSTATE NUTRITION CLINIC 473-4815

Free special diet counseling by registered dietitian. Doctor's referral required.

ADDITIONAL INFORMATION:

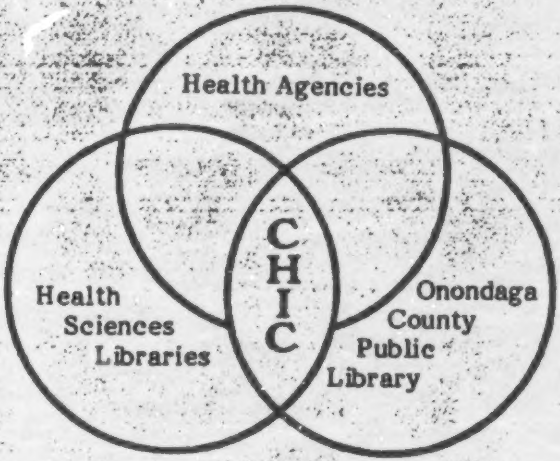
For names of national diet-related organizations or for additional information, call the Onondaga County Public Library Reference Department. 473-4491.

For private dietitians, see Yellow Pages under "Dietitians."

For weight reduction organizations and centers see Yellow Pages under "Reducing & Weight Control Services."

C.H.I.C.-the CONSUMER HEALTH INFORMATION CONSORTIUM-is an informal network of more than 25 health information providers. To obtain health information from the Onondaga County Public Library or to get in touch with a C.H.I.C. member, call the OCPL Reference Department at 473-4491.

C.H.I.C.-the CONSUMER HEALTH INFORMATION CONSORTIUM-is an informal network of more than 25 health information providers. To obtain health information from the Onondaga County Public Library or to get in touch with a C.H.I.C. member, call the OCPL Reference Department at 473-4491.



Onondaga County Public Library

BEST COPY AVAILABLE

Syracuse, NY
199

All books listed in this brochure are available through the Onondaga County Public Library.

Contact your local librarian or call the Central Library at 473-2826 for help in locating materials.

To obtain health information or to get in touch with a Consumer Health Information Consortium (C.H.I.C.) member, call the Onondaga County Public Library Reference Department at 473-4491.

C.H.I.C. is an informal network of more than 25 health information providers.

H-2

WOMEN'S HEALTH

a sampling of books
available at the

Onondaga County
Public Library

MY BODY, MY HEALTH: The Concerned Woman's Guide to Gynecology, 1979
R618.1 M99

BREAST SELF-EXAMINATION
by Dr. Albert R. Milan, 1980
616.99M

NEVER SAY DIE: A Doctor and Patient talk about Breast Cancer
by Shapero & Goodman, 1980
615.994 SHA

DES DAUGHTER: The Joyce Bichler Story, by J. Bichler, 1981
615.766 BIC

WOMAN CARE: A Gynecological Guide to Your Body,
by Linda Madaras, 1981
618.1 MAD

BEYOND VALIUM
by S. Rosenblatt, M.D., 1981
615.78R

STD A COMMONSENSE GUIDE
by Maria Corsaro, 1980
616.951 C

EVERYTHING YOU MUST KNOW ABOUT TAMPONS by Nancy Friedman, 1981
617.93 FRI

THE MS. GUIDE TO A WOMAN'S HEALTH by C. Cooke & S. Dworkin, 1979
613.04 C

IT'S YOUR BODY
by Niels Lauersen, M.D., 1977
618.1 L365

THE NEW WOMAN'S GUIDE TO HEALTH AND MEDICINE,
by C. Derbyshire, 1980
618.1 DER

MEN WHO CONTROL WOMEN'S HEALTH by D. Scully, 1980
618.071 SCU

RUNNING FOR HEALTH AND BEAUTY
by K. Lance, 1977
613.042 4B

WOMEN'S WORK, WOMEN'S HEALTH
by J. Stellman, 1977
613.62 ST39W

WOMEN'S HEALTH AND MEDICAL GUIDE
Better Homes and Gardens, 1981
613.042 4B

FEMALE COMPLAINTS
by Sarah Stage, 1979
338.761

MOTHERCARE
by Lynn Delli Quadri, 1980
618.60 381

NO MORE MENSTRUAL CRAMPS AND OTHER GOOD NEWS, by Penny W. Budoff, M.D., 1980
681.1 BUD

PREMENSTRUAL TENSION
by Judy Lever, 1981
618.172 LEV

In addition to inviting the public to use this information service to get factual answers to health-and-safety related questions, the library also invites employees and employers to add to the collection by sharing documented solutions to workplace hazards.

To use the OCCUPATION HEALTH AND SAFETY INFORMATION SERVICE, stop in at the Central Library Reference Department, located downtown at Columbus Circle and Montgomery Street or phone 473-4491.

CENTRAL NEW YORK COUNCIL
ON
OCCUPATIONAL SAFETY AND HEALTH
615 W. Genesee St.
Syracuse, NY 13204
471-6187
ONONDAGA COUNTY PUBLIC LIBRARY
SYRACUSE, NY

D-2

OCCUPATIONAL HEALTH AND SAFETY INFORMATION SERVICE

— at the —

ONONDAGA COUNTY PUBLIC LIBRARY

335 Montgomery Street
Syracuse, NY

The Onondaga County Public Library and the Central New York Council on Occupational Safety and Health have worked together to develop a new information service for employees and employers.

In the Central Library Reference Department, pamphlets, reports and other publications have been organized to help protect workers and provide companies with needed information to correct workplace hazards.

If you are concerned about a health or safety problem on the job, the library is the place to start.

Come in or Call

473-4491

A.C.N. wanted to know: What is the procedure to follow if asbestos is suspected in a workplace and can an employee get fired for making this inquiry?

R.J. wanted information about toluene (a solvent used to thin paint). Was the chemical toxic on contact? Were the fumes toxic if inhaled? With available fact sheets, he could find out the hazards from toluene and which protective equipment would be appropriate.

S.Z. representing a group of workers inquired about harmful effects of a chemical on starter motors which was eating through plastic shipping packing, causing fumes and dizziness among some employees. Finding facts on what the chemical was and whether or not it was harmful required some library research and referrals to follow up.

ONONDAGA COUNTY PUBLIC LIBRARY
REFERENCE DEPARTMENT
473-4491

ONONDAGA COUNTY
PUBLIC LIBRARY
Syracuse, NY

CONSUMER HEALTH
INFORMATION CONSORTIUM

HEALTH QUESTIONS?

THE
ONONDAGA COUNTY
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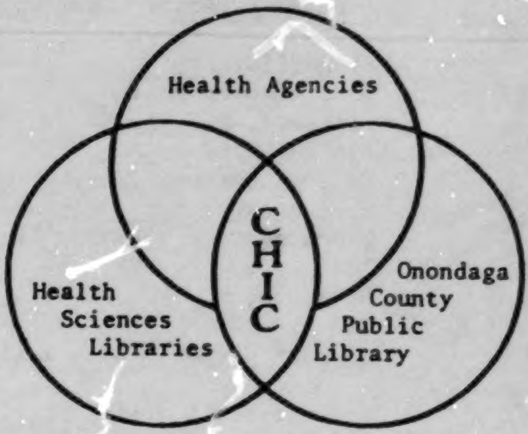
AND
CHIC*
CAN HELP!



*Consumer Health Information Consortium

WHAT IS CROHN'S DISEASE?
WHAT IS THE DEFINITION OF ALBUMIN?
WHAT DOES 20/20 VISION MEAN?

Sooner or later we all have health questions. Answering these questions can sometimes be a problem.

TO FIND
FACTUAL, HEALTH-RELATED
INFORMATION

CALL 473-4491

ONONDAGA COUNTY PUBLIC LIBRARY
REFERENCE DEPARTMENT

The OCPL Reference Department will provide information* from books, pamphlets, magazines, as well as data base searches, and/or put you in touch with other members of the CONSUMER HEALTH INFORMATION CONSORTIUM.

The CONSUMER HEALTH INFORMATION CONSORTIUM is an informal network of more than 25 health information providers. The Consortium includes representatives from:

public libraries
medical and nursing libraries
health agencies
health organizations

*Only information not medical opinion or advice, is provided.

SOURCES OF ADDITIONAL INFORMATION RELATED TO THIS PUBLICATION

Library Development Unit
New York State Library
Albany, N.Y. 12230
518 474-6971
Contact persons: Edwin Berry (for Onondaga); Patricia Mallon (for Nioga)

Nioga Library System
6575 Wheeler Road
Lockport, N.Y. 14094
716 434-6167
Contact person: Mary Brink, HELP Coordinator

Onondaga County Public Library
327 Montgomery Street
Syracuse, N.Y. 13202
315 473-2702
Contact person: Lynn Yellott, Project Coordinator

For materials or information concerning the Onondaga In-service Workshop manual contact:

Health Sciences Library
State University of New York at Buffalo
115 Stockton Kimball Tower
Buffalo, N.Y. 14214
716 831-3355
Contact persons: Luella Allen or Martha Manning

To request additional copies of this publication, contact:

Gift and Exchange Unit
New York State Library
Albany, N.Y. 12230
518 474-5953
Contact person: Henry Ilnicki